Kleen Lite
COOK BOOK

KLEEN-LITE COOK BOOK

New Original Home-Tested Recipes

This KLEEN-LITE Cook Book is published and distributed by the Wofford Oil Company in the interest of better cooking, particularly with oil stoves. No charge should be made for your copy

Published and distributed by the

Wofford Oil Company

BIRMINGHAM

Marketers of KLEEN-LITE OIL

"No Smoke--No Smell"

"What Is Kleen-Lite Oil?"

KLEEN-LITE OIL is a new high-grade illuminating oil especially adapted for use in cooking with oil stoves. It was first marketed by the Wofford Oil Company in Birmingham on September 15, 1924, and has won instant favor with all users who have given it a thorough trial.

KLEEN-LITE OIL was marketed to meet the demand for an illuminating and heating oil of a higher grade than the ordinary kerosene commonly sold in this territory. KLEEN-LITE OIL gives "no smoke—no smell," burns evenly, steadily, and economically with less charring and coking.

KLEEN-LITE OIL is made from the highest grade crude oil, is highly refined and contains absolutely no impurities. It is natural that such an extra-good illuminating oil should cost more than ordinary kerosene, but KLEEN -LITE OIL costs only five cents per gallon more at retail than ordinary kerosene.

KLEEN-LITE OIL bears the full guarantee of the Wofford Oil Company, makers and marketers of the famous Woco Pep Motor Fuel and is sold through grocery stores and other places handling kerosene.

COOKING WITH KLEEN-LITE OIL

Users of oil stoves find that KLEEN-LITE OIL with its "no smoke—no smell" is far superior to ordinary kerosene in cooking. The good cook demands two things: first, a clean, steady, dependable flame; second, an even, full, controlled heat. Both can be had with KLEEN-LITE OIL in your oil stove.

Cooks who use KLEEN-LITE OIL in their oil stoves will tell you how much more satisfactory KLEEN-LITE is. They will tell you that all offensive odor is gone, particularly noticeable on first lighting up. They are particularly pleased with the absence of smoke. Wicks do not coke up and char and smoke badly; burners need cleaning much less often, if at all.

KLEEN-LITE OIL is made from the finest crude oil and is highly refined, Naturally, such extra-good oil costs more than ordinary kerosene, but KLEEN-LITE OIL costs you less than you would be willing to pay for its additional satisfaction.

If your grocer does not sell KLEEN-LITE OIL, phone Kleen-Lite Division, Wofford Oil Company, Hemlock 1796.

Kleen-Lite

NO SMOKE **Oil** **NO SMELL**

CONTENTS

PAGE

How to Measure 5

Soups 7

Fish 8

Meats 10

Vegetables 13

Salads 16

Desserts 7

Pies and Pastries 20

Cakes 29

Breads 34

Sandwiches 38

Salad Dressings 39

Sauces 41

Pickles 42

Candy 44

Jelly 45

Cheese Dishes 46-48

Miscellaneous 49

HOW TO MEASURE

Level measurements called for in all recipes.

A standard cup, holding one-half pint, is used as the basis of measurement.

Measuring spoons of standard size are also used.

Level Cupful—Fill cup with spoon and level off with dull edge of knife.

Level Teaspoon—Fill and level off with dull edge of knife.

Half Teaspoon—Fill and level off with dull edge of knife, divide in half lengthwise.

Quarter Teaspoon—Divide half teaspoon crosswise.

To measure butter or fat pack solidly into spoon or cup and level with knife.

COMPARATIVE MEASUREMENTS

1 saltspoon........................ = ¼ teaspoon
3 teaspoons........................ = 1 tablespoon
4 tablespoons...................... = ¼ cup
1 cup.............................. = ½ pint
2 cups............................. = 1 pint
4 cups............................. = 1 quart

WHAT DOES COOKERY MEAN?

It means the knowledge of all fruit and herbs, and balms and spices, and of all that is healing and sweet in fields and groves, and savory in meats.

It means carefulness and inventiveness and readiness of appliance.

It means the economy of your great grandmother and the science of modern chemists.

It means much tasting and no wasting: it means English thoroughness and French art, and Arabian hospitality; and it means in fine, that you are to be perfectly, and always, ladies—loaf-givers.

—RUSKIN.

Meat—Did you know that paper absorbs juice. Well, it does, therefore always remove any before putting your meat away.

Grease Spot—To remove a spot of grease from wallpaper. Rub the place with a piece of flannel dampened with alcohol.

Cooking Eggs—A spoonful of flour added to the grease in which eggs are to be fried will prevent them from sticking as well as breaking.

Eliminating Moths—If you have no moth balls, sprinkle your clothing with turpentine. The moths will not come near them.

Varnish Stain—A varnish or shellac spot on clothing may be removed with alcohol.

To Sour Milk—If desirous of souring some milk just add a few drops of vinegar.

Match Scratches—Disfiguring marks on woodwork, made by scratching matches, will disappear if rubbed with a cut lemon.

Dyeing—Next time when dyeing with a cake variety of dye, use a soap shaker as sieve. It keeps undissolved particles of dye from spotting the clothes. Saves time and protects the hands from dye and hot water.

FROZEN DESSERTS

Ice Cream

6 pints of milk
2 cupfuls of sugar
½ cupful of flour
4 eggs
1 tablespoonful of vanilla
1 quart of cream

Scald the milk. Add sugar and flour and eggs previously mixed. Cook until thick. Cool and add cream and vanilla. Freeze.

Delicious Ice Cream Without a Freezer

Whip one pint of cream and one egg very stiff, sweeten and flavor. Stir in one dozen figs, one dozen dates, one cupful of chopped nut meats. Put mixture in a quart bucket, pack in ice and salt using four measures of ice to one of salt, and set aside to freeze. It will be solid in four hours.

Sauce for Ice Cream

1 tablespoonful butter
½ Cupful apple-sirup
1 tablespoonful cornstarch

Mix together the butter and cornstarch and cook them thoroughly being careful not to burn them. Add the sirup and cook the mixture until it hardens when dropped into cold water and until all taste of the raw cornstarch is gone. Pour hot over the ice cream.

Apple Sherbert

Pare and stew and press through the sieve enough good cooking apples to make one pint. Add to them one cupful of powdered sugar, the juice of three lemons and three cupfuls of water. Beat well and partly freeze.

SOUPS

Turkey Gumbo

Cut turkey fine, add 1 onion, tablespoon lard and 1 of butter in frying pan; brown 2 tablespoons of flour, then add onion. Fry 20 minutes; add liquor of turkey bones. Let boil 3 hours; add 1 pint oysters. Let boil 20 minutes. Add tablespoonful of fillet. Season with salt and pepper and serve.

Use ROLLER CHAMPION FLOUR

Cream of Celery Soup

2 bunches celery, 1 pint milk, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, 1 slice onion. Boil celery, cut into small pieces, with the onions in one and one-half pints of water about 1 hour, press through colander, put on stove and thicken with butter and flour rubbed to a cream. Add the hot milk, then add 1 cup whipped cream. Serve at once.

Cream of Tomato Soup

Take a 3 pound can of tomatoes, put in a granite or aluminum kettle, add 1 quart boiling water and cook one-half hour. Strain through a colander, wash the kettle, put back on the stove, adding a level teaspoon of soda. After five minutes' cooking pour in a quart of hot boiled sweet milk, 2 heaping tablespoons of butter, and last salt and pepper to taste.

Old Virginia Brunswick Stew

One and one-half gallons of water, to which add one chicken which has been cut up and a half pound of bacon. The bacon must be cut into small pieces before putting it in the water. As soon as the chicken is done enough for the meat to leave the bones take out the bones. Then add one-fourth of a gallon of Irish potatoes boiled and chopped, three-fourths of a pint of green corn cut off, one-half pint of butter beans, one pint of tomatoes skinned, a large spoon of butter and one-half loaf light bread, stirring often to keep from burning. Season with black and red pepper, salt and butter. If it gets too thick add hot water. This stew should be put on very early. Other fowls or squirrels can be used instead of chicken and the quantity doubled.

White Potato Soup

One quart of milk and four or five potatoes. Boil potatoes until done. Put milk on to boil. Mash potatoes smooth and add boiling milk, butter, salt and celery salt to taste. Rub this through strainer and serve at once. Whipped cream adds very much.

Oyster Stew

1 qt. oysters
1 cup oyster liquor
½ cup water
1 tablespoon butter
1 tablespoon rolled crackers
½ teaspoon salt
⅛ teaspoon pepper

Drain and clean the oysters, scald and strain the liquor; add to the strained liquor the water, seasonings, butter and cracker crumbs. Let it come to a boil, add the oysters, cook them till the edges curl. Half a cup of scalded cream may be added before serving.

FISH

Fried Oysters

2 dozen oysters
2 eggs
Fine bread crumbs
Seasoning

Wipe each oyster dry and sprinkle with salt. Beat the eggs just enough to mix yolks and whites, and dip in the oysters so as to coat all parts with the egg. Lift them gently and let any excess of egg drip away; then drop each oyster into the crumbs, which should be spread on a paper or plate—preferably the former, as they will be easier to handle. When coated with crumbs, shake gently to remove any that may be loose, and set aside till all are done. Fry golden brown in smoking-hot fat.

Always use bread crumbs for frying in preference to cracker crumbs.

Molded Salmon

1 can of salmon
2 tablespoonfuls of granulated gelatine
4 tablespoonfuls of cold water
½ tablespoonful of salt
1½ tablespoonfuls of sugar
½ tablespoonful of flour
1 teaspoonful of mustard (dry)
Few grains of cayenne pepper
2 egg yolks
1½ tablespoonfuls of melted butter
¾ cupful of milk
¼ cupful of vinegar

Use ROLLER CHAMPION FLOUR

Remove salmon from can, rinse thoroughly with hot water, drain, and separate into flakes. Cover gelatine with cold water and soak fifteen minutes or more. Mix the rest of the ingredients together in upper part of double boiler, stir all together and cook until it thickens, stirring constantly. Take off fire, add soaked gelatine, stir until dissolved, then strain through a cheese cloth and add the flaked salmon. Add chopped celery and nuts. Fill individual molds, chill until it hardens. Serve on lettuce leaves with or without mayonnaise.

Thorndike Oysters

(For the chafing-dish.) Clean and drain one pint of oysters. Melt 3 tablespoonfuls butter, add oysters, and cook until oysters are plump; then add one-half teaspoonful salt, one-eighth teaspoonful paprika, a slight grating of nutmeg, and one cupful cream mixed with two eggs, slightly beaten. Cook, stirring constantly, until slightly thickened. Serve on thin salted wafers.

Baked Fish

Clean, wipe and dry the fish, rub with salt inside and out; stuff and sew; cut gashes two inches apart on each side so they will alternate and skewer into the shape of an S or an O. Put the fish on a greased baking sheet or if this fish sheet is not at hand place strips of cotton cloth under the fish, by which it may be lifted from the pan. Sprinkle with salt and pepper and place narrow strips of pork lardoons in the gashes. Place in a hot oven without water; baste with hot water and butter as soon as it begins to brown and repeat every ten minutes afterwards. For a four pound fish the time would be an hour. Remove to a hot platter; draw out the string, wipe off all water or fat which remains from the fish, remove pieces of pork.

Dressing for Baked Fish

One cup stale bread crumbs, 1 tablespoon melted butter, ½ teaspoon salt, a few grains pepper, few drops onion juice, 1 tablespoon parsley cut fine. Mix ingredients in order given. This recipe makes stuffing for a four-pound fish.

MEATS

Steak with Potatoes

2 pounds of round steak
1 large onion
6 small sweet potatoes
Lump of butter
Suet

Select nice round steak (cut in a slice about one inch thick), then pound and dredge with flour, salt and pepper. Place steak in roaster, placing over the top bits of butter and suet. Cook for thirty minutes, then add sliced onion over the top, and place around the steak the sweet potatoes which have been peeled, and put back in oven to steam for one hour. If steak becomes too dry before taking from the oven add a small amount of hot water. Serve on platter with the sweet potatoes as a garnish.

Baked Ham, Southern Style

Ham
2 sprigs of parsley
1 onion
Cloves
2 tablespoonfuls of vinegar
Brown sugar
Bread crumbs

Choose a thin-skinned ham, wash thoroughly and place in a kettle of cold water sufficient to cover ham completely. Add finely chopped parsley and thinly sliced onion and vinegar. Cook until tender and let ham cook in water in which it was boiled, then remove and skin. Cover with brown sugar, sprinkle with bread crumbs and stick whole cloves all over ham. Brown in the oven.

Extra Good Round Steak

1½ pounds of round steak
1 large onion
1 tomato
Small piece of suet
Lump of butter

Put suet and butter into large kettle or frying pan and get searing hot. Drop in steak after if has been pounded and dredged with flour, salt and pepper. Cook to a golden brown, then add enough water to cover and cook slowly for half an hour. Add chopped onion and tomato, cover again and cook very slowly for one hour more. This makes a cheap but very delicious meat. It will serve six people.

Economical Hash

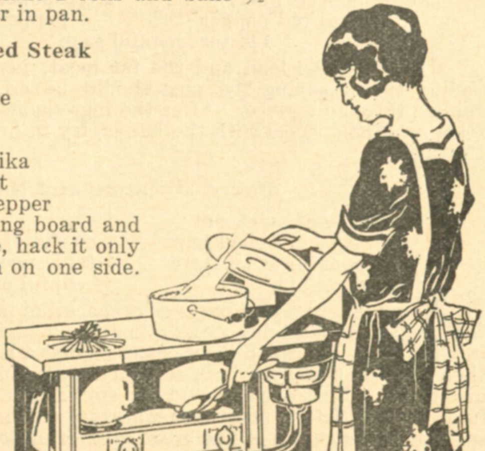
This delicious dish is made of left-overs and is substantial enough for the main item of the meal. Cut cold beef into inch pieces and combine with cold boiled potatoes. Left-over boiled carrots are an improvement. Heat in frying pan, using gravy if you have it, or if not, a little hot water. Cut up one or more ripe tomatoes and a green pepper, using your own judgment as to the quantity, and add slices of onion to taste. Season with salt and pepper. Cover and cook for twenty minutes, stirring frequently. This can be prepared at any season, using canned tomatoes and omitting the green pepper when fresh one are not obtainable.

Baked Pork Chops

Arrange individual pork chops (cut thick) in a baking pan. On top of each spread a thick layer of partly cooked rice and on this place a slice of tomato, then a slice of onion, and finally a slice of green pepper. Season each layer with salt and pepper, pour a little hot water into the pan and bake about three-fourths of an hour in a moderate oven.

Beef Roll

Grind of beef, one-half pound, 1 pound pork, 1 onion, 3 slices browned bread, Add 1 or 2 beaten eggs, salt and pepper, 1 teaspoonful 1 cup boiling water, make 2 rolls and bake ½ hour without any water in pan.



Stuffed Steak

1 thick round steak
2 cupfuls of boiled rice
1 green pepper
1 small onion
1 teaspoonful of paprika
1 tablespoonful of salt
1 dash of cayenned pepper

Lay steak on chopping board and with a semi-sharp knife, hack it only both ways of the grain on one side. Spread melted butter over the hacked side. Mix rice, chopped pepper, chopped onion, paprika, salt, and cayenne pepper together and spread evenly on steak on hacked side. Roll the steak as firmly as possible, tying it around so roll holds its shape. Place in covered baking pan and bake until tender. Remove cover at last of baking period, allowing roll to brown. Thicken gravy in pan, adding to it one cupful of milk.

Monday Loaf

Left over meat
1 cupful of meat stock
2 or 3 hard-boiled eggs

Cut the meat in small, irregular pieces and fill a mold with these and slices of the hard-boiled eggs. Pour over them the stock which should be savory, well seasoned, and strong enough to congeal when cold. Cover and bake in a slow oven for thirty minutes. When entirely cold and solid, turn out of the mold. Serve in thin slices.

Scalloped Chicken

Mince cold chicken and a little lean ham very fine. Season with pepper and salt. Stir all together, adding enough sweet cream to make quite moist. Cover with bread crumbs, add a little butter and brown in the oven.

Southern Country Sausage

10 lbs. of ground meat
3 tablespoonfuls salt
2 teaspoonfuls finely-ground red pepper
½ teaspoonful saltpeter
2 teaspoonfuls black pepper
1½ teaspoonful sage

Use both the lean and the fat meat, just as it comes. Before adding the seasoning the sage should be crisped in the stove and rubbed through a sieve. After the ingredients are thoroughly mixed, form into little cakes with the hands, fry in hot skillet and lay round the turkey.

Baked Macaroni and Ham

½ package of macaroni
1 thick slice of boiled ham
½ teaspoonful of mustard
½ teaspoonful of salt
1 egg
1 cupful of milk
1 tablespoonful of melted butter
½ cupful of fine bread crumbs

Break one-half of a package of macaroni into salted boiling water, boil twelve to fifteen minutes, drain and blanch in cold water. Arrange in a buttered pudding dish or casserole first a layer of boiled macaroni, then a layer of minced ham seasoned with mustard, continuing until dish is full. Beat one egg, add one cupful of milk and one tablespoonful of melted butter, pour over macaroni and ham, season to taste and sprinkle half a cupful of fine bread crumbs on top. Bake in a hot oven about fifteen minutes to brown. Remove from oven and dot the top with bits of butter.

VEGETABLES

Baked Sweet Potatoes

Peel medium-sized sweet potatoes and slice in half-inch slices across the potato. Place in baking dish, add a little water, sprinkle each layer with sugar and dot about with little lumps of butter.

Place on top of the stove, covered, and let steam until tender, then remove lid and place inside the oven until baked a delicate brown over the top. Serve in baking dish.

Winter Squash en Casserole

Pare squash (Hubbard preferred), cut into cubes and fill an oiled or buttered baking dish or casserole. Add pepper and salt to taste as you fill the dish. Cover the top with thin slices of bacon, put on the cover and bake until tender, removing cover for a few minutes to crisp bacon.

Escalloped Peas

1 pint of peas, canned or previously cooked
6 hard-boiled eggs
1 cupful of medium-thick white sauce

Slice eggs in quarter-inch slices, and alternate layers of peas and sliced eggs in a buttered baking dish. Salt and pepper the egg slices. The top layer should be peas. Pour the cupful of white sauce over all and cover the dish. Bake twenty minutes in a moderate oven.

Corn Fritters

1 can of corn
2 eggs
⅓ teaspoonful of salt
1 teaspoonful of sugar
⅔ cupful of flour

Use ROLLER CHAMPION FLOUR

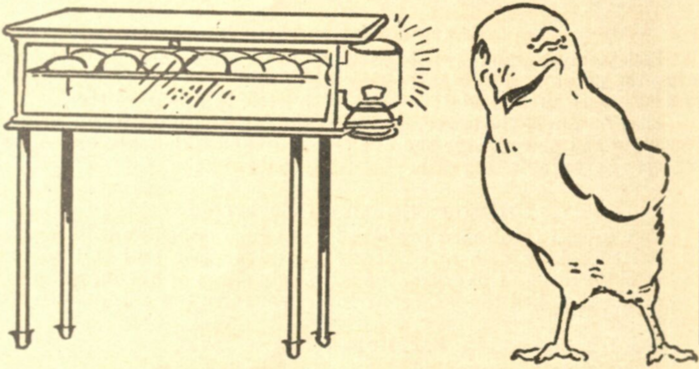
Mix the ingredients well together. Put in a frying pan a tablespoonful each of lard and butter and, when hot, drop in the batter by the tablespoonful; when brown on one side, turn carefully and brown on the other side. Be careful not to burn.

Cabbage au Gratin

Butter a baking-dish. In the bottom place a layer of cooked cabbage, than a layer of cheese sauce. Add another layer of the cabbage and pour more cheese sauce on top. Sprinkle with sifted cracker crumbs, dot with butter and bake in a moderate oven thirty minutes. Too hot an oven will curdle the sauce.

Creole Rice

Cut one large onion as for soup, use small can of tomatoes. Heat a little bacon grease in frying pan, turn in the tomato and onion. Let fry a little while, stir in a cup of cold rice.



"I'm a KLEEN-LITE Chicken"

KLEEN-LITE OIL
IS IDEAL FOR USE
IN YOUR INCUBATOR
AND YOUR BROODERS.
UNIFORM HEAT—NO
HARMFUL FUMES TO
CLOG THE EGGSHELL
PORES. HEALTHY
CHICKS—WELL HATCHED—
IS THE RESULT.

Insist on KLEEN-LITE OIL by name—refuse substitutes
If your grocer doesn't sell KLEEN-LITE OIL, phone

Hemlock 1796—Kleen-Lite Division

WOFFORD OIL COMPANY

BIRMINGHAM

Stuffed Eggplant

Halve a large eggplant and scrape the shell of all meat. Chop fine and add one onion, a bunch of parsley, one green pepper, and a large tomato, chopped. Mix with a cupful of chopped cold boiled ham. Put a large spoonful of butter into a frying pan, when hot add the mixture and fry for five minutes. Season with salt, fill into the shells, sprinkle the top with buttered bread crumbs and bake for twenty minutes.

A Curry of Mushrooms

Stew a can of button mushrooms for about twenty minutes in enough stock to cover them; add a tablespoonful of butter and thicken with a teaspoonful of curry powder and a teaspoonful of cornstarch; boil slowly for ten minutes longer, and just before taking from the fire add half a cupful of cream. Serve on rounds of hot toast on a hot platter.

Creamed Brussels Sprouts

Cut stale bread into thick slices and cut again into fancy shapes; cut out the center from each, making a case for filling; brush with melted butter and brown in the oven. Fill with Brussels sprouts that have been cooked twenty minutes in salted water, and pour well-seasoned cream sauce over all.

Potato Puffers

One-half pint of cold, mashed potatoes, one egg, one-half cupful of flour, one-half teaspoonful of baking powder and a pinch of salt. Mix into a soft dough, roll into small fingers and fry like doughnuts.

Use ROLLER CHAMPION FLOUR

Escalloped Potatoes

6 cold boiled potatoes
4 hard boiled eggs
1 cupful of bread crumbs
1 cupful of grated cheese

Dice potatoes put layer in buttered baking dish, them layer of eggs and grated cheese on top. Sprinkle with salt and pepper. Place another layer of potatoes, eggs and cheese on top, season with salt and pepper. Pour over all two cupfuls of thin white sauce and cover with buttered bread crumbs. Bake until crumbs are brown.

Creamed Carrots

Boil carrots until tender and slice. Put over fire with two tablespoonfuls of butter, salt and pepper to taste. Shake until mixture boils. Take up the carrots and add to the sauce, three tablespoonfuls of cream into which has been stirred one small spoonful of flour. Boil once and pour over carrots.

Creamed Baked Beans on Brown Bread Toast

A pleasing variation in the way of serving baked beans is to put two cupfuls of them into a sauce made from one and one-half cupfuls of milk, one tablespoonful of flour, a little salt, and a small piece of butter. Cook this until thick then add it to the beans and serve on slices of toasted brown bread with melted butter.

Rice and Apple

Core and bake rather large apples. Mix rice that has been well boiled, with the syrup of the baked apple and fill the apple with the mixture, laying a portion of the boiled rice around the apple. Garnish with candied cherries or bits of jelly.

A Really Delicious Carrot Recipe

6 good-sized carrots	½ cupful of sweet rich milk
6 good-sized potatoes	½ cupful of sugar
Butter the size of a large egg	Salt and pepper to taste

2 tablespoonfuls of flour

Use ROLLER CHAMPION FLOUR

After the carrots have been nicely cleaned and scraped, quarter them, and put them on to boil in about two quarts of water. Let boil fifteen to twenty minutes, then drain. Put just enough fresh water over them to cover the carrots, and let boil three-quarters of an hour. Then place the pared potatoes in the pot with the carrots, and boil them together, being very careful to prevent scorching. When the potatoes are well done, take a potato masher and mash the vegetables well, keeping them over a slow fire. Continue to mash them occasionally and let simmer until the water has boiled away. Salt, pepper and sugar may now be added. Melt butter in a frying pan, put in the flour and brown well. Add to the mixture, and then add the milk or cream.

SALADS

Banana Salad

Select small, perfect bananas; peel and roll in mayonnaise dressing then in chopped nuts. Serve on lettuce leaf.

Stuffed Tomato Salad

Select tomatoes of uniform size, remove skins, cut cap from stem end and scoop out pulp. Mince one bunch celery, add to tomato pulp and mix with salad dressing. Fill tomato cups. Arrange for individual serving in nests of shredded cabbage and dress with mayonnaise.

Chicken Salad

One large chicken boiled thoroughly tender. When cold chop with scissors across grain of meat. Chop in same way two stalks of celery. Season with salt and pepper. Mix meat and celery and pour over the following dressing: Beat 4 eggs well and stir while adding gradually 1 cup vinegar, 1 tablespoon butter, 3 tablespoons sugar, ½ tablespoon mustard mixed with dash of pepper. Put on fire and stir constantly until it thickens. Cool and add same amount of sweet cream. Four or 5 hard-boiled eggs chopped adds to salad.

Spring Relish

Shred 1 small head of cabbage
1 can of pimentoes
2 small onions
2 tablespoons of green pepper
1 teaspoonful of mustard seed
1 tablespoonful of sugar
1 teaspoonful of salt
½ teaspoonful of pepper
Add 1 teaspoonful of celery seed

Stir all together and cover with vinegar. This is delicious served with meat.

Prune Salad

Stew large size prunes with a little sugar. When cold remove pits and place in each prune one quarter of a marshmallow sliced across with shears, in the slice of marshmallow place one-half of an English walnut meat, close the prune neatly and arrange on lettuce, allowing four or five prunes for each service. Place the ends of the prunes touching each other in the center of lettuce leaf. Pour a little lemon juice over, and pile mayonnaise on.

A Novel Nut Salad

Three cupfuls of chopped pecan nut meats, one cupful of cooked chicken, six scraped apples, three sliced bananas, mayonnaise dressing and whipped cream. Put the chicken through a meat chopper, add the nuts, apples and bananas. Mix with mayonnaise dressing and cover with whipped cream. Any kind of nuts may be used.

Hawaiian Salad

A slice of canned Hawaiian pineapple on lettuce leaves garnished with a cream cheese ball. Serve with mayonnaise.

Brewster Salad

Cut small, crisp lettuce-leaves of uniform size in halves, lengthwise, using the scissors, and arrange in two parallel rows, overlapping one another, on an oblong, silver dish. Place a bunch of cold, cooked asparagus in the center and arrange a band (at about the place where the bunch was originally tied) of the following mixture; finely chopped white of one hard-boiled egg, one tablespoonful of chopped pickle, one-half tablespoonful of finely chopped parsley and one-and-one-half tablespoonful of chopped canned pimento. Pour generously over all a French dressing.

A Fruit Salad Dressing

This dressing will tempt the most jaded appetite. Beat two eggs to a foam and add three tablespoonfuls of sugar, one tablespoonful of mustard, and a teaspoonful of salt; pepper and paprika, whip thoroughly then cook over hot water till thick. This is the base for the dressing and will keep many days. When wanted for use add two tablespoonfuls to a cup of stiffly whipped cream.

Knickerbocker Salad

Wipe, peel and thoroughly chill medium-sized tomatoes. With a sharp knife, make five parallel cuts, at equal distances, crosswise of tomatoes, not severing sections. In cuts thus made insert one-third-inch slices of Bermuda onion. Arrange on nests of crisp lettuce-leaves and serve with a French or mayonnaise dressing.

New Pineapple Salad

Work one cream cheese in a bowl with back of spoon until soft and creamy. Gradually add 1 bottle of cream that has been whipped until stiff. Drain contents of a No. 2 can of sliced pineapple, cut slices into dice and add to cream mixture. Cut up one small bottle of maraschino cherries fine and add. Serve immediately on crisp lettuce with plain buns. This salad with plain buttered buns or homemade bread, cake and coffee, makes a delicious company luncheon.

Sunday Night Salad

2 cupfuls of chopped cabbage
¼ pound of cheese, cut in small pieces or grated
1 pimento, minced
2 teaspoonfuls of minced onion
Salad dressing

Chop the cabbage as fine as desired, add the other ingredients and mix with salad dressing.

Stuffed Tomato Salad

Peel medium-sized tomatoes, remove slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert and let stand in a cold place one hour. Fill tomatoes with chilled cucumber cubes, moistened with mayonnaise dressing. Arrange on lettuce-leaves and garnish top of each with mayonnaise dressing, forced through a pastry-bag and tube.

Melon Oriental

For this choose medium size ripe cantaloupes—one for each person. Make a circular incision around each stalk end, remove the plug and scrape out of the seeds and pulp with silver spoon. Sprinkle the inside of cantaloupe with powdered sugar and fill it with alternate layers of fresh fruit and dice of the cantaloupe pulp. Place thick mayonnaise between layers. Replace plug. Keep on ice until needed.

Harvard Salad

Mix small cucumber cubes and finely cut celery, using equal parts; then add one-half the measure of nut-meats, broken in pieces, and one-third the quantity of finely cut red or green pepper. Moisten with dressing, mound on thick slices of tomatoes, sprinkle with finely cut chives and arrange on lettuce-leaves. For the dressing mix one-half tablespoonful, each of salt and mustard and three-fourths tablespoonful, each, of sugar and flour. When thoroughly blended, add one egg and one egg-yolk, slightly beaten, three tablespoonfuls of melted butter, three-fourths cupful of rich milk and one-fourth cupful of vinegar. Cook in double boiler, stirring constantly until mixture thickens; strain and chill.

Apple Salad

Line a dish with crisp leaves from the lettuce heart. Choose some firm, sweet apples and pare and core them. Cut into slices about a quarter of an inch thick and lay them on the lettuce leaves. Fill the center of the dish with a spoonful of whipped cream and halves of walnut meats.

Waldorf Salad

Mix spicy apples which have been carefully diced with an equal quantity of cut celery and a few white walnuts broken into large bits. Dress generously with mayonnaise. The apples must be dressed as soon as they are cut up to keep their color.

Grapefruit Salad

Remove the white skin from sections of grapefruit and serve with French Dressing on lettuce leaves.

Golden-Egg Salad

With rolls and butter and a glass of iced tea, makes a satisfactory luncheon. Hard cook eggs, remove shells at once and, while still hot, press into apple shapes by holding between the first finger and thumb, pressing very gradually at first. Chill thoroughly and brush over with cold water, colored with fruit-red, applying with a small camel's-hair brush. Insert whole cloves at blossom ends and stem with leaves at stem ends. Arrange on beds of crisp lettuce-leaves and serve with mayonnaise dressing, to which have been added (just before serving) two talespoonfuls o· finely chopped olives and one-and-one-half tablespoonfuls of finely chopped pickles. This is a novel salad, as good to look at as to eat.

Pineapple

Place a slice of pineapple on lettuce leaves. Cut up marshmallows and mix with chopped nuts. Place a tablespoon of this mixture on each slice of pineapple. Serve with mayonnaise.

Combination

Left-over snap beans and beets, a tomato and small onion. Mix with mayonnaise and serve.

Apple

Peel apple, bake in pan with candy red drops stuck over it. When apple is done scoop out with spoon enough to insert a ball of cream cheese. Serve whole on lettuce leaf with mayonnaise.

Lobster Salad With Jellied Mayonnaise

Two cups diced lobster meat, 1 cup mayonnaise, ½ cup whipped cream, six boiled eggs (hard), ¼ cup cold water, 2 tablespoonfuls gelatin, ½ cup hot stock lettuce. Dissolve gelatin in cold water and add hot stock which should be chicken or veal, when this begins to jelly, stir in stiff mayonnaise and whip up until light. Then fold in whipped cream. Place lobster and diced eggs in dish lined with lettuce and pour over same.

PIE AND CUSTARDS

Cranberry Pie

One cup of cranberries, ½ cup seeded raisins, 1 cup sugar, ½ cup cold water, 1 tablespoon of flour, Boil until cranberries can be mashed with a spoon, remove from fire, add 1 teaspoon vanilla and bake with top and bottom crusts. This makes one pie.

Use ROLLER CHAMPION FLOUR

Chocolate Custard

One five-cent cake of sweet chocolate, ½ cup sweet cream, yolks of 2 eggs, 2 tablespoons sugar, 1 teaspoon corn starch; level pan with pastry and bake like egg custard. Use the whites for meringue.

Chocolate Pie

Two eggs, 1 cup sweet milk, 1 tablespoon of grated chocolate, 1 tablespoon flour, 1 cup sugar. Heat milk with chocolate and flour. Whip yolks and sugar and pour milk mixture into them and boil until thick, stirring all the time. Flavor with vanilla. Pour custard into baked pastry and cover with meringue made with the whites of eggs.

Use ROLLER CHAMPION FLOUR

Banana Dessert

Peel ripe bananas and roll them in salted peanuts that have been beaten fine. Serve one whole banana on dessert plate and cover with whipped cream.

Banana Pie

Line a deep pie plate with rich pastry and bake. When cold fill with thin slices of banana, sprinkle with powdered sugar and cover with whipped cream.

Cocoanut Pie

4 tablespoonfuls sugar
2 cups of milk
¼ cup of cream
2 tablespoonfuls corn starch
2 eggs
½ of a grated cocoanut or a box of prepared cocoanut
½ teaspoonful of vanilla

Grate the cocoanut. Scold the milk; beat the yolks of the eggs light with sugar; add the corn starch and mix with the scalded milk. Cook and stir until mixture thickens; take from the fire, add the cream and the cocoanut and put away to cool. Beat the whites of the eggs to a stiff, dry froth, add to the custard with vanilla. Bake the bottom crust. Put in the custard and spread over the top the white of the eggs and brown in oven or wait until pie is cool and spread whipped cream over the top.

Pear Perfection

5 halves of canned pears
20 marshmallows
1 cupful of pear juice
1 teaspoonful of lemon juice

Cut marshmallows in quarters and add to pear and lemon juice. Stand in cool place, stirring occasionally until pear juice is all absorbed. Chill pears, fill center with marshmallow mixture and top with candied cherries.

Mince Meat

Five cups of cooked beef after grinding. The meat should be thoroughly boiled the day before grinding. Three cups cider that has been boiled until thick, 2½ cups suet, 7½ cups of apples, ½

cup vinegar, 1 cup molasses, 5 cups sugar, ¾ pound citron, 2½ pounds raisins, 1½ pound small raisins (not to be put through the grinder), salt to taste, juice and rind of 2 lemons, juice and rind of 2 oranges, 1 tablespoon mace and nutmeg, 2 tablespoons each of cinnamon, cloves and allspice, 2 tablespoons lemon extract, 1 teaspoon almond extract, 3 cups liquor in which beef was cooked. Grind the ingredients in food chopper, mix all together and put in large kettle and let simmer the best part of a morning, stirring frequently. Pack in glass jars and keep in dark place. In making pie, add cider to moisten so that it is not stiff.

Lemon Sponge Pie

1 lemon, grated rind and juice
1 cupful of sugar
¼ teaspoonful of salt
2½ tablespoonfuls of flour
2 egg yolks
1 cupful of milk

Use ROLLER CHAMPION FLOUR

Mix above well, and lastly beat the whites of eggs stiff and fold into the rest of the mixture. Mix all well with a spoon, turn into pie crust and bake like custard pie in moderate oven 45 minutes or until done.

One-Crust Raisin Pie

1 cupful of sugar
⅔ cupful of raisins
½ cupful of water
½ cupful of cream
Pinch of salt
3 tablespoonfuls of cornstarch
2 eggs (separated)

Put sugar, raisins and water on stove to boil. Then mix cream, salt, cornstarch and yolks of eggs together and add to boiling mixture. Cook until thick, pour into the baked pie shell, add meringue and brown.

Cream Banana Pie

One cup sugar, 1 cup milk, 3 tablespoons flour, yolks of 3 eggs, 2 tablespoons butter, 1 teaspoon vanilla, ¼ teaspoon salt. Cook in double boiler until thick. Have pastry cooked and filled with sliced bananas. Pour cream filling over this. Cover with meringue, and brown.

Use ROLLER CHAMPION FLOUR

French Cream Pie

Make a small cake batter and bake in biscuit pan. When cooled cut the cake lengthwise and spread with grated pineapple. Put the top of the cake on the filling and cover with whipped cream. Serve in squares.

Pineapple Meringue Pie

Mix ½ cup of sugar, 2 tablespoons cornstarch, pinch salt, add slowly 1½ cups hot milk. Cook in double boiler until thick. Pour on to two egg yolks and return to boiler and cook until egg thickens. Cool and add 1 cup of well drained grated pineapple and ½ teaspoon of vanilla. Pour into baked crust and cover with meringue. Brown quickly.

Plain Charlotte

Yolks of 4 eggs, cream with 1 cup of sugar. Add whites beaten stiff, 1 pint cream whipped, 1 envelope Knox gelatine dissolved in ½ cup water. Add slowly to mixture.

Maccaroon Pudding

Make a thick custard of 1 quart milk, 5 eggs, 5 tablespoons of sugar, 2 tablespoons of corn starch and ½ envelope Knox gelatine dissolved in ½ cup of cold water. Set on ice to congeal. Line pudding dish with 1 dozen maccaroons. When in place put over them the congealed custard. Over this put whipped cream, sprinkle with nuts or any preferred fruit. Serves 12 or 14 persons.

Sweet Potato Custard

One cup boiled or baked potato, mashed, 1 cup butter, 1 cup sugar, 3 eggs well beaten; cream potato and butter. Beat eggs and sugar together and mix with potato. Flavor and bake in rich pastry.

Cream Pie

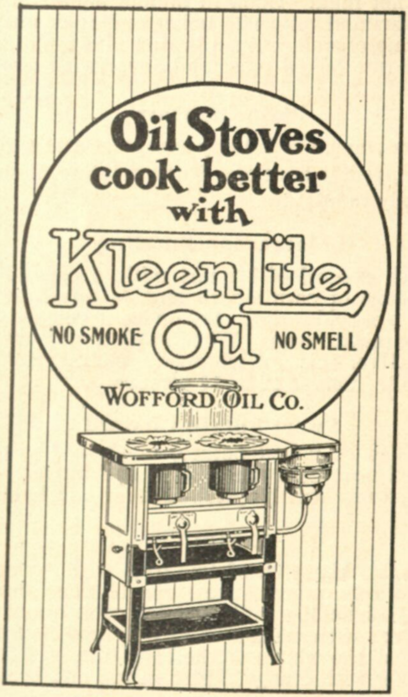
Beat thoroughly the yolk of two eggs with ½ cup sugar, add 1 heaping teaspoon corn starch, the same of flour dissolved in milk. Pour into 1 pint of boiling milk and let cook about three minutes. Let cool and flavor with orange or any desired flavor. Pour into a baked crust. Beat the whites of the eggs to a stiff froth, add half a cup of sugar, flavor with orange. Put on top and brown slightly.

Use ROLLER CHAMPION FLOUR

Old-Fashioned Pumpkin Pie

Cut up the pumpkin in pieces, seed, and pare them, then put into a saucepan with enough water to cover. Boil gently until the pumpkin is very tender, then drain and mash fine. Add 2 teaspoonfuls of salt, 1 cupful of molasses, 1 cupful of brown sugar, 3 beaten eggs, 2 teaspoonfuls of vanilla, 1 level teaspoonfuls of ground ginger, and a generous lump of butter. Beat well, and just before filling the pies add a cupful of heavy cream. Bake without a top crust.

Use ROLLER CHAMPION FLOUR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Crustless Butterscotch Pie

1 egg
2 tablespoonfuls of sugar
¼ teaspoonful of salt
1 teaspoonful of vanilla
½ cupful of milk
2 tablespoonfuls of cornstarch
½ cupful of white sirup

Beat the egg well, then add the sugar and salt, then add the cornstarch which has been dissolved in the milk. Stir in well the sirup and vanilla.

For the crust, which isn't really any crust at all, just grease your pie pan with cold lard and cover with as much corn meal as will stick to your greased pan. Pour in the mixture and bake in moderate oven until it thickens like custard or pumpkin pies.

Use ROLLER CHAMPION FLOUR

Apple Custard Pie

Peel tart apples and cook until soft. Rub through a sieve. To one and a half cupfuls add 2 tablespoonfuls of butter, 1 cupful of sugar, and ¼ teaspoonful of cinnamon or ginger. When cool, add 3 well-beaten yolks, fold in stiffly beaten, the whites of 3 eggs, and bake in an undercrust with lattice top in a moderate oven.

Use ROLLER CHAMPION FLOUR

Maccaroon Pudding

Three eggs, 1 tablespoon gelatine, 1 pint sweet milk, ¾ cup of sugar, 12 maccaroons, vanilla to flavor, beat yolks light, add sugar and hot milk. Cook until it thickens slightly. Add gelatine that has stood in cold water for 5 minutes. Allow this to cool until it begins to thicken heavily, then fold in stiffy beaten whites, and add powdered maccaroons. (Dry maccaroons in stove until brittle.)

Marshmallow Pudding

One-half pound marshmallows, 2 egg whites, 1 cup whipped cream, ½ cup sugar, 1 teaspoon vanilla, 1 cup nut meats, 1 cup diced bananas. Boil sugar and water until it threads, add flavor. Place marshmallows on top, cover and let stand until melted, then pour over the stiffly beaten whites, and beat until light. Add fruit and nuts. When cooled fold in cream. Chill thoroughly and serve.

Banana Pudding

Slice longways, alternate with layers of lady fingers, bananas, sugar and lemon juice. Let stand and chill, slice and serve.

Date Pudding

Two cups dates, 2 cups nuts, 2 cups sugar, 2 heaping tablespoons flour, 2 teaspoons baking powder, 6 eggs, beat yolks, add sugar, flour, baking powder, nuts and dates, fold in beaten whites. Bake in moderate ovens.

Use ROLLER CHAMPION FLOUR

Pudding Sauce

Two tablespoons each of butter and cornstarch, ½ cup sugar, 1 tablespoon lemon juice, 1 tablespoon white syrup, 1 cup boiling water, stir and cook slowly until thick.

Pudding Sauce

2 cupfuls of pulverized sugar
2 tablespoonfuls of butter
1 beaten egg

Beat all together until thoroughly blended. Place in a cool place, and just before serving add 1 cupful whipped cream and flavoring to taste. Serve with any baked or steamed pudding.

Apricot Custard

1 cupful of apricot pulp sweetened to taste
1 tablespoonful of lemon juice
2 egg yolks
Flour enough to thicken
½ teaspoonful of butter

Use ROLLER CHAMPION FLOUR

Place apricot pulp, sugar and lemon juice in double boiler and cook until sugar is dissolved. Add flour paste to thicken, stirring constantly, until mixture is partially thickened and smooth; then add egg yolks, and continue stirring until the right consistency to put into the baked crust. It will be thicker when cooled slightly. After the mixture is put into the shell, cover with meringue, place in an oven and brown slightly.

The dried apricots used in making this were soaked overnight, cooked, sweetened and put through a colander.

Honey Rice Pudding

Wash and carefully clean one-half cupful of rice. Put in a deep baking dish and stir in 1½ cupfuls of milk, 4 tablespoonfuls of honey, ½ teaspoonful of salt and 1 tablespoonful of finely chopped lemon peel. Bake in a moderate oven for 2 hours. Stir frequently during the first hour and a half of baking. Serve cold with milk or cream.

Quick Apple Pudding

Over left-over or freshly cooked apple sauce, sprinkle a top made of two tablespoonfuls of butter and 1 cupful of flour, crumbled together as for pie crust. Sift a little sugar and nutmeg over this. Bake in a quick oven until the top is brown and serve with either plain or whipped cream.

Use ROLLER CHAMPION FLOUR

Apple-Sirup Custard

¼ cupful Apple-sirup
1¾ cupful milk
2 eggs
¼ teaspoonful salt
½ teaspoonful vanilla
2 tablespoonfuls sugar

Beat the eggs just enough to mix the white and the yolk. Add the other ingredients. Bake in cups in a slow oven 50 minutes. If the custard is to be baked in one dish, use 3 eggs.

Orange Cup Custard

Beat 3 yolks of eggs with 1 white, lightly, and add ½ cupful of sugar, a little salt and the grated rind of 1 orange, with ¼ cupful of orange juice. Scald 1 cupful of milk with ¼ cupful of cream (but do not let it boil) and pour gradually into the egg mixture. Place 4 buttered custard cups on several folds of paper in a shallow pan, partly filled with the custard, and surround with boiling water. Bake in a moderate oven until firm (the water should not bubble) and set aside to cool. Serve in the cups with whipped cream on top, or turn out into shallow dishes and surround with sliced oranges or a little orange syrup.

Orange Souffle

2 cupfuls of sugar
1 cupful of water
5 egg yolks
1 pint of orange juice
1 quart of cream
½ box of gelatine

Boil sugar and water until it spins a thread. Beat egg yolks and pour sirup on them slowly. Add gelatine dissolved in water. When lukewarm add orange juice and when quite cold add the cream which has been beaten. Freeze and pack several hours before time to serve.

Jam Pudding

3 eggs
1 cupful of sugar
½ cupful of butter
1 cupful of jam
1 teaspoonful of soda in 3 of sour milk
1 cupful of flour
Flavor with cinnamon and nutmeg

Mix in the order given, pour into a buttered pan and bake slowly forty minutes, being careful not to let burn on the bottom.

Use ROLLER CHAMPION FLOUR

Steamed Chocolate Pudding

Beat the yolks of 3 eggs until lemon-colored and thick. Add gradually 1 cupful of sugar and continue beating; add 3 tablespoonfuls of milk, 1 square of chocolate, melted, and 1 cupful of flour. Beat until smooth, then add the beaten whites of the eggs and 2 teaspoonfuls of baking powder. Turn into greased cups, filling half full, and steam for twenty minutes. Serve hot with the following sauce: Beat 1 cupful of powdered sugar and ½ cupful of butter to a cream; add 1 cupful of milk and cook in a double boiler until well heated. Flavor to taste with vanilla extract.

Use ROLLER CHAMPION FLOUR

Butterscotch Dessert

Melt butter the size of an egg in frying pan, add 1½ cupfuls of brown sugar. Let brown nicely and to this add 1 pint of rich milk in which you have beaten 1 egg and 2 tablespoonfuls of flour. Let boil, remove and cool. To this alternately add 4 diced bananas and 1 cupful of chopped peanuts. Cover top with nuts.

Use ROLLER CHAMPION FLOUR

Delicate Pudding

1 No. 2 can grated pineapple
1 pound of marshmallows (cut up)
1 cupful of chopped nut meats
1 pint of cream, whipped

Mix pineapple and marshmallows and allow to stand over night. Just before serving add nuts and whipped cream folded in. Do not stir. This will serve twenty to twenty-five people when served with wafers and tea. It is delicious for an afternoon gathering.

Cherry Pudding

Soak 2 tablespoonfuls of powdered gelatine in the juice of a 25 cent bottle of Maraschino cherries; when dissolved add the yolks of 4 eggs beaten with 7 tablespoonfuls of sugar, bring to boiling point; when cool add the cherries cut fine, 1 cupful of chopped nut meats; the beaten whites of the eggs and twelve crushed double maccaroons. Mix well, pour into a wet mold and set on ice for 24 hours. Turn out and serve in slices with whipped cream.

St. Valentine Dessert

Make shallow heart molds of strawberry gelatin and when hard turn from the molds. Cut sponge cake into hearts the same size and place between 2 molds of jelly, adding a layer of whipped cream to each. Top with whipped cream and a candied cherry.

Use ROLLER CHAMPION FLOUR

Bread Pudding

One pint slightly browned bread crumbs ground, 2 tablespoons butter, 1 cup sugar, 2 or 3 eggs, 1 cup of sour milk, into which put scant teaspoon soda, 1 cup sweet milk, mix in 1 pint stewed fruit, or ½ cup raisins, or ½ cake chocolate. Bake ½ hour and serve with sauce or cream.

CAKES AND ICINGS

White Fruit Cake

Cream half a cupful of butter with a cupful of sugar. Have ready a half-pound of grated cocoanut, half a pound of blanched almonds cut into strips, and half a pound of shredded citron. Add to the butter and sugar the whites of four eggs beaten light, stir in a teaspoonful of baking powder and enough flour to make of the proper consistency. Put in the fruit last, with half a teaspoonful of almond extract, and bake in a loaf. Frost with boiled icing.

Use ROLLER CHAMPION FLOUR

Caramel Cake

3 eggs (whites)
3 cups flour
1 cup of milk
2 cups sugar
½ cup butter
1 rounding teaspoonful of Baking Powder

Use ROLLER CHAMPION FLOUR

Cream butter and sugar together, then add alternately the milk and flour, lastly the whites of eggs beaten stiff and the flavoring. Bake in layers about 25 minutes. For filling, 2 cups sugar, ½ cup butter and 1 cup of milk.

Mix milk and sugar together and beat. Caramel 3 tablespoonfuls of sugar in iron skillet. When it boils, pour into hot milk and sugar. Cook until it forms a soft ball in cold water. Put in butter, take from fire. When cool, beat until creamy, then spread on cake.

Dark Fruit Cake

½ cupful butter
¾ cupful brown sugar
¾ cupful Raisins, Seeded and cut in pieces
¾ cupful currants
½ cupful citron cut in strips (or Candied Orange-peel)
½ cupful Apple-sirup
2 eggs
½ cupful milk
2 cupfuls flour
½ teaspoonful soda
1 teaspoonful cinnamon
½ teaspoonful allspice
¼ teaspoonful mace
½ teaspoonful lemon-extract
¼ teaspoonful cloves

Use ROLLER CHAMPION FLOUR

Follow directions for mixing buttercake mixtures. Bake in deep cake-pans for 1¼ hour.

Date Bars

One cup flour, 1 cup sugar, pinch salt, 3 or 4 eggs, 2 teaspoons vanilla, ½ pkg. Dromedary Dates, 1 teaspoon baking powder, 1 cup cut up nuts. Mix and sift dry ingredients 3 times. Beat yolks and whites separately and combine. Add gradually dry ingredients. Beat well. Add vanilla, dates and nuts. Bake in 2 shallow pans in moderate oven. When cold cut in bars and sprinkle with pulverized sugar.

Gingersnaps

Put a half cupful each of lard and butter into a bowl, with a large cupful each of sugar and molasses. Set the bowl where these will become warm, but not hot; then beat them to a light cream and add to them a tablespoonful each of ginger and cinnamon. Dissolve a scant teaspoonful of baking soda in a tablespoonful of boiling water and add this to a half cupful of warm water. Turn this into the bowl with the other ingredients and add flour to make a dough stiff enough to roll into a thin sheet. Bake in a moderate oven, watching closely to see that they do not burn, as they have a tendency to scorch easily.

Use ROLLER CHAMPION FLOUR

Nut Patties

Beat 1 egg, without separating until light; add gradually 1 cupful of powdered sugar and beat until very light. Add 5 tablespoonfuls of flour, 1 cupful of finely chopped nut meats and stir until thoroughly and smoothly mixed. Drop by the tablespoonful on greased tins and bake in a quick oven fifteen minutes, or until they are a light brown.

Raisin Cookies

One cupful of butter, 1 cupful of sugar, 3 cupfuls of flour, 1 cupful of chopped raisins, ½ cupful of milk, 2 eggs, 1 teaspoonful soda, 1 teaspoonful cinnamon, ¼ teaspoonful nutmeg, 2 teaspoonfuls cream of tarter. Cream the sugar and butter together, add the eggs, well beaten; then add 1 teaspoonful of soda dissolved and 2 teaspoonfuls cream of tarter in a little warm water. Stir in the flour and raisins and the spices. Drop by spoonfuls on a well-buttered pan being careful to leave room for the cakes to spread.

Use ROLLER CHAMPION FLOUR

Cocoanut Angel Food

Whites of 12 eggs
1 cupful of sifted pastry flour
1 teaspoonful of vanilla
1½ cupfuls of granulated sugar
1 teaspoonful of cream of tartar

Add a pinch of salt and the flavoring to the whites of the eggs and beat to a froth, then add cream of tartar and beat stiff. Add gradually the sugar that has been sifted 5 times, then lightly fold in the flour which has been sifted 5 times.

Put half the mixture into the ungreased cake pan, then put ½ cupful of cocoanut over the top. Pour in the remainder of the mixture and stir gently from the bottom with a spatula 2 or 3 times to get cocoanut distributed through the mixture. If a dark angel food is desired, the same recipe can be used by measuring ⅔ cupful of flour and filling up the cup with sifted cocoa. Sift together 5 times.

Rice Muffins for Luncheon

Mix and sift 2 cups of flour, 1 teaspoonful of salt, 3 teaspoonfuls of baking powder and 1 tablespoonful of sugar. Work in 1 cup of cold cooked rice. Add 1 well-beaten egg, 1 cup of milk and 2 tablespoonfuls of melted butter or other shortening. Beat well and bake in hot greased gem pans for about ½ hour in a quick oven.

Use ROLLER CHAMPION FLOUR

Afternoon Tea Date Muffins

Mix ¾ cup chopped dates with 2 cups of sifted flour, 3 teaspoonfuls of baking powder and ½ teaspoonful of salt. Beat 1 egg well, and 1¼ cups of milk and then gradually add the flour and date mixture well beaten. Add ¼ cup of melted butter. Pour in well-greased gem pan and bake in moderate oven about 35 minutes.

Use ROLLER CHAMPION FLOUR

Bread Sponge Fruit Cake

1 cupful of bread sponge
1 cupful of C sugar
1 cupful of seeded raisins
1 teaspoonful of soda
½ cupful of butter
1 egg
1 teaspoonful each of cloves and cinnamon

Use ROLLER CHAMPION FLOUR

Cream butter and sugar and add bread sponge, beaten egg, and spices. Dissolve the soda in a little warm water and add at once to the mixture. Lastly add raisins which have been dredged in flour. Beat hard and pour into loaf cake pan. Let rise half an hour or until bulk is a little more than doubled. Bake in a moderate oven.

Nut Cake

Beat stiffly the whites of 6 eggs, add 2 cups of sugar, ½ cup flour, 2 cups chopped nuts, cover a baking sheet, with greaseed paper, drop in small rounds from a teaspoon. Bake 20 minutes.

Use ROLLER CHAMPION FLOUR

Nut Bread

Two cups of flour, ½ cup sugar, 4 teaspoons baking powder, 1 teaspoon salt, 3 tablespoons butter, 1 whole egg, 1 egg yolk, 1 cup milk, ½ cup nuts. Let stand 25 minutes and bake.

Use ROLLER CHAMPION FLOUR

Ginger Bread

Two cups of syrup, 2 cups flour, 3 eggs, ¼ pound of butter, 1 cup sour milk, pinch of soda, 2 teaspoons baking powder, 1 cup raisins, 2 teaspoons ginger. Beat eggs thoroughly, add syrup and soda. Beat in flour, butter and milk Add raisins and ginger. Bake in moderate oven.

Use ROLLER CHAMPION FLOUR

Tea Cake

One cup butter, 3 cups sugar, 1 cup butter milk, 3 eggs, 1 teaspoon soda, flour to taste. Add flour to make stiff dough. Roll a small amount at a time.

Use ROLLER CHAMPION FLOUR

Quick Oatmeal Cookies

Into a warm mixing bowl put the following ingredients:

1 cupful of brown sugar
2 cupfuls of oatmeal
1 cupful of cocoanut
1 cupful of flour
1 teaspoonful of baking powder
½ teaspoonful of salt

Use ROLLER CHAMPION FLOUR

Mix together. In another bowl beat one egg and add half a cupful of milk and half a cupful of vegetable oil.

Add to the above, mix well and drop from a spoon on a well greased baking sheet. Bake in a moderate oven. This recipe makes about 5 dozen cakes and may be varied by using raisins and nuts instead of cocoanut.

Soft Oatmeal Drop Cookies

Mix well:

2 cupfuls of raw rolled oats
2 beaten eggs
1 cupful of brown sugar
3 tablespoonfuls of milk
3 tablespoonfuls of molasses
1 level teaspoonful of soda in the flour
2 cupfuls of flour
2 teaspoonfuls of cinnamon (scant)
½ teaspoonful of salt
Pinch of baking powder

Use ROLLER CHAMPION FLOUR

Combine mixtures and drop from a teaspoon.

Fruit Cake

Three pounds dry flour, 1 pound butter, 3 pounds seeded raisins, 2 cups sugar, 3 pounds currants, ¾ pound almonds, 1 pound citron, ½ pound orange and lemon peel mixed, 12 eggs beaten separately, 1 teaspoon allspice, 1 teaspoon cloves, 2 tablespoons cinnamon, 2 nutmegs, 1 pound nuts: 1 cup molasses with spices stirred in it 20 or 30 minutes slowly. Beat egg lightly, flour fruit well stirring gradually add teaspoon soda in little water. It improves this cake to add 3 teaspoons baking powder. If necessary add flour after fruit is put in, grease paper well for pan. Bake 3 or 4 hours in moderately hot oven. Makes 2 large cakes.

Use ROLLER CHAMPION FLOUR

English Tarts

Mix 1 cupful of currants, 1 cupful of chopped candied lemon peel, 1 cupful of sugar, and 1 teaspoonful of cinnamon. Roll paste ¼ of an inch thick, and cut into 3-inch squares.

Sponge Cake

Beat separately the whites of 3 eggs and the yolks of 6.

1¾ cups of sugar	1 cup of boiling water
3 cups flour (sifted first)	1 tablespoon (even) baking powder

Pour boiling water over yolks and sugar. Sift flour 3 times and mix gradually with yolks and sugar. Sift baking powder with flour. Flavor to taste and fold in whites lightly. Bake in moderate oven.

Caramel Filling

Two cups sugar, 8 heaping tablespoons milk, 2 tablespoons granulated sugar (browned). Yolks of 3 eggs. In an aluminum boiler, boil 2 cups sugar and 8 tablespoons milk very slowly, when bubbles pop add yolks of 3 eggs which have been well-beaten to sugar and milk. Have 2 tablespoons of sugar browned. Add to milk sugar and eggs. Butter, size of a walnut.

ICINGS

White

Three cups sugar, ½ cup white Karo, 1½ cups water, whites of 2 eggs. Boil until ropes from spoon. Beat into well beaten egg whites until stiff.

Caramel

One cup of white sugar, slightly moistened in a sauce pan. Put 2 cups sugar, 1 cup sweet milk. Boil until it ropes, then beat slowly into caramel sugar. Cook until the mixture makes soft ball in water (cold). When done add a large lump of butter and beat.

Sour Cream Filling for Cake

One cupful of thick sour cream, 1 cupful of sugar, yolks of 4 eggs, 1 cupful of chopped walnut meats and 1½ teaspoonfuls of vanilla. Put cream and sugar in double boiler, add the well-beaten eggs and when cooked, add nut meats and vanilla. This is a delicious filling for layer cake.

Uncooked White Icing

White of 1 egg, 8 level teaspoons uncolored margerine, 4 tablespoons cold water. Add 4 (XXXX) pulverized sugar until 2 pounds have been used. Add level teaspoon cream of tartar. More than enough for 1 cake (put in jar and keep.)

BREAD AND ROLLS

Breakfast Rolls

When making bread into pans reserve one cupful of dough. Set this in a cool place until about 4 o'clock, then add 1 cupful of lukewarm water, ¼ cupful of sugar, and lard the size of an egg. Stiffen, not quite so stiff as for bread, and set aside until about nine o'clock, then shape and put into pans. It may be made into Parkerhouse rolls or whatever form one prefers. Brush with melted butter or cooking oil, set in a place cool but free from drafts, until morning. Slip them into tne oven first thing and they will bake while you are preparing the rest of the breakfast.

Use ROLLER CHAMPION FLOUR

Nut Bread

1 egg
½ cupful of sugar
1 cupful of milk
3 cupfuls of flour
½ teaspoonful of salt
4 level teaspoonfuls of baking powder
1 cupful of nutmeats

Use ROLLER CHAMPION FLOUR

Combine in order given and let stand twenty minutes or more. Bake one our in slow oven.

Parkerhouse Rolls

3 cupfuls of scalded milk
4 tablespoonfuls of butter
3 tablespoonfuls of sugar
8 cupfuls of sifted flour
1 cake of compressed yeast dissolved in ¼ cupful of lukewarm water

Use ROLLER CHAMPION FLOUR

Pour the scalded milk over the salt, sugar and butter. When lukewarm, beat in 4 cupfuls of flour. Mix well and add the dissolved yeast. Cover closely and let rise in a warm place. When light, add enough flour to knead (usually 4 cupfuls.) Cover, let rise until double its original bulk. Roll out to ¼ inch thickness. Shape with a biscuit cutter, brush each roll with melted butter, crease through the center with a knife handle, fold over and press the edges together. Place in a greased pan one inch apart and let rise until very light then, bake in a brisk oven fifteen minutes.

Boston Brown Bread

A simple but delicious brown bread is made as follows:

1 egg
½ cupful of sugar
¼ cupful of molasses
2 cupfuls of sour milk
1 teaspoonful of salt
1 teaspoonful of soda
¾ cupful of white flour
Add graham flour to make stiff as for gems

Use ROLLER CHAMPION FLOUR

Mix well, put into buttered baking powder cans, cover and steam three hours. Remove covers and dry in oven for fifteen minutes.

Tea Room Rolls

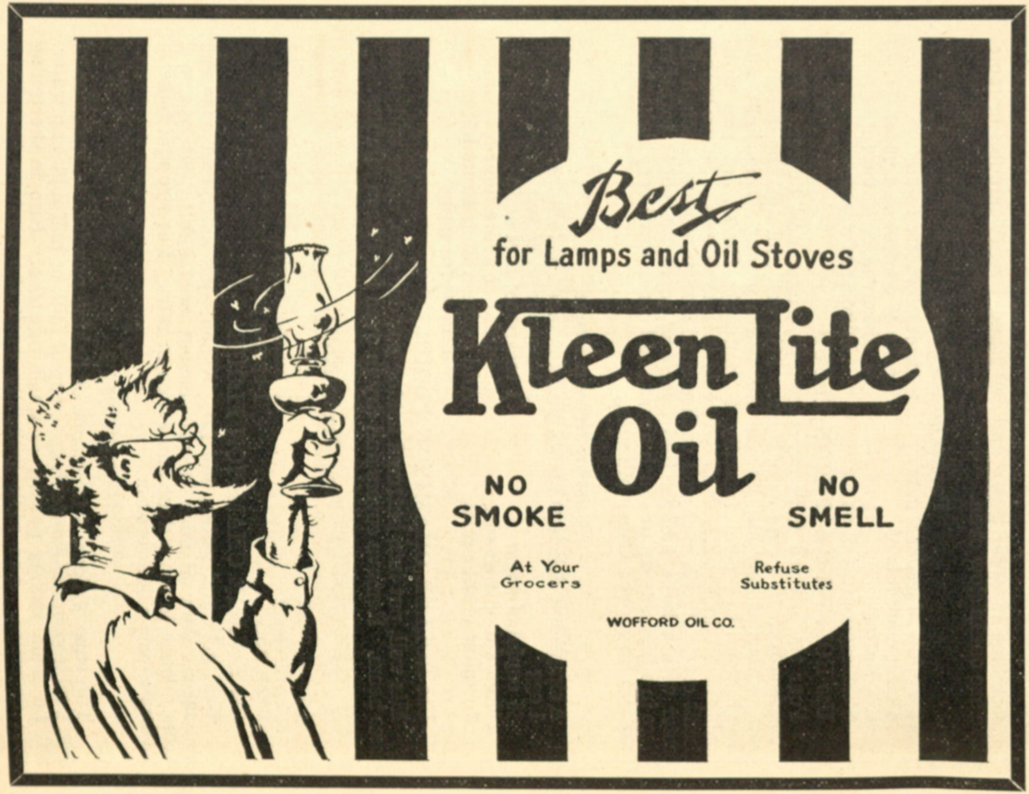
1 yeast cake
½ cup sugar
1 cup milk
1 egg
1 teaspoon salt
1 spoon fat

Use ROLLER CHAMPION FLOUR

Heat milk and water, add fat. When tipid add yeast cake egg and sugar. Mix all flour for safe batter, beat light. Set to rise 2 hours. Work in more flour and shape in rolls. Let rise and bake in moderate oven a light brown.

BISCUITS

Two cups of flour, 4 teaspoons of baking powder, ½ teaspoon of salt, 2 tablespoons of shortening, ¾ cup of milk or half milk and water. Sift the flour, baking powder and salt together. Rub in shortening with fingertips. Add milk gradually until the mixture becomes a



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smooth dough. Turn out on floured board and roll to ½ inch thickness. Cut with biscuit cutter and bake in a quick oven. Handle as little as possible if the biscuits are to be light and flaky. This amount makes about 12 biscuits.

Use ROLLER CHAMPION FLOUR

Plain Muffins

Two cups of flour, 4 teaspoons of baking powder and 1 teaspoon of salt, 1 egg, 1 cup of milk and 1 tablespoon of shortening. Sift flour baking powder and salt together and add well beaten egg and milk slowly. Add the shortening melted. Greaze muffin pans and drop a spoonful of batter in each one.

Use ROLLER CHAMPION FLOUR

Graham Muffins:

1¼ cupful graham flour
1 cupful flour
1 cupful sour milk
⅓ cupful Apple-sirup
¾ teaspoonful soda
2 tablespoonfuls melted butter
1 teaspoonful salt

Use ROLLER CHAMPION FLOUR

Mix and sift dry ingredients; add milk to the sirup and combine mixture; then add butter. Bake in hot oven in buttered gem-pans for twenty-five minutes.

Swedish Rolls

Two cupfuls of scalded milk, 3 tablespoonfuls of butter, 2 tablespoonfuls of sugar, 1 teaspoonful of salt, 1 yeast cake mixed with the white of 1 egg in ½ cup of water, 6 cupfuls of flour. Knead and let rise once. Knead again and flavor with currants and cinnamon. Make into rolls, let rise again and bake.

Use ROLLER CHAMPION FLOUR

Boston Brown Bread

1 cupful rye-meal
1 cupful granulated corn-meal
1 cupful graham flour
¾ tablespoonful soda
1 teaspoonful salt
¾ cupful Apple-sirup
2 cupfuls sour milk or 1¾ cupful sweet milk or water

Use ROLLER CHAMPION FLOUR

Mix and sift the dry ingredients; add the other ingredients. Mix thoroughly and steam in a buttered mold for 3½ hours.

SANDWICHES

Picnic Filling

Mix 4 olives, 1 pickle, 1 chopped pepper, with 2 cups minced chicken or tongue. Moisten with a little salad dressing.

Saint Patrick

To 2 tablespoonfuls finely chopped mint add 2 tablespoonfuls chopped parsley and 2 teaspoonfuls finely chopped chives. Mix with a mayonnaise to which has been added half a saltspoonful of paprika. Spread on thin slices of bread.

Graham White

Make a filling of pimentos and English walnuts chopped together and mixed with cream cheese and French dressing. Place 4 slices of white and brown bread, arranged alternately one on top of the other, with filling between the slices, and press down firmly. Then cut through perpendicularly, with narrow slices showing the alternate layers of white and brown bread. These may be varied with different fillings.

Oriental

Cream cheese and chopped dates, sprinkled with chopped peanuts.

Date

Stone dates and chop fine. To 1 cupful pulp add 1 tablespoonful orange juice. Mix well and sprinkle with a little powdered cinnamon. Use whole wheat bread.

Peanut Butter Banana Sandwiches

Spread large graham crackers with peanut butter mixed to a smooth paste with butter and into this filling press several thin slices of banana. As the top cracker is put on each sandwich press the top and bottom firmly together. These will keep for several days and are really better after the flavors in the filling have had time to blend.

Heart Sandwiches

Cut slices of bread very thin and then cut them into heart shapes. Spread with butter and fill them with slices of hard-boiled eggs and a small spoonful of salad dressing.

Ginger Sandwich

One-fourth cup of finely chopped preserved Canton ginger, ⅓ cup of chopped nuts, add 2 tablespoons finely cut candied orange peel, 1 tablespoon ginger syrup, 1 teaspoon vinegar, few grains salt. Spread between thin unsweetened crackers buttered.

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Meat Sandwich

Slice bread thin, cut round with biscuit cutter, with thimble cut the center from half the slices, mix a can potted meat with mayonnaise, butter the bread, spread with mixture, cover with the slice from which the center has been cut, place and olive in the center.

Chicken Sandwich

One cup chopped chicken mixed with one cup of chopped almonds Moisten with cream; season with salt and paprika. Use for filling for entire wheat bread sandwiches.

Egg Sandwich

Two hard boiled eggs mixed with mayonnaise until it will spread easily.

SALAD DRESSINGS

Cream Mayonnaise Dressing

Mix ½ teaspoonful of mustard, ½ teaspoonful of salt and a few grains cayenne. Add yolks of 2 eggs and stir until thoroughly blended. Add oil, at first drop by drop, stirring with a wooden spoon or wire whisk. As mixture thickens, dilute with vinegar, when oil may be added more rapidly. During the process use ¾ tablespoonful of vinegar and ¾ cupful of oil. Add ¾ tablespoonful of lemon juice when nearly finished. Set in a cold place to chill and, when ready to use, add ⅓ cupful of heavy cream, beaten until stiff.

Tomato Mayonnaise

Is equally tasty with an egg salad. Bring ½ can tomatoes to the boiling-point and let simmer until very thick, then rub through a sieve; there should be 2 tablespoonfuls of the tomato puree. Add to a mayonnaise dressing with ½ tablespoonful, each, of capers, parsley, pickles and olives, finely chopped.

Russian Dressing

¾ cupful oil mayonnaise
½ hard-cooked egg, chopped fine
2 chopped pimentoes
2 teaspoonfuls chow chow
1 tablespoonful chopped chives or ½ tablespoonful grated onion
⅓ cupful chili sauce
Juice ¼ lemon

Combine the ingredients in the order given and serve. If desired, the meat from one anchovy or sardine may be flaked fine and added to this dressing.

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GROUND
Batterton's
ROYAL
CUP
BLEND
COFFEE
ROASTED AND PACKED BY
BATTERTON COFFEE CO.
BIRMINGHAM, ALA.

"A Smile In Every Sip"

Royal Cup Coffee

The coffee of no regrets—it never fails to please, because it is always the same and always sold fresh.

Batterton Coffee Company

BIRMINGHAM, ALA.

Use Solite Baking Powder

GRITS

2 cups of Winner Pearl Grits
4 cups boiling water
1 even tablespoon of salt

Stir grits into boiling water when well mixed set over slow blaze in double boiler. Let cook slowly ½ hour.

Corn Muffins

1 egg, well beaten
1 cup sour milk
2 tablespoons flour
Enough Mandy meal to make rather stiff batter
1 tablespoon sugar
1 teaspoon salt
½ teaspoon soda, dissolved in 1 tablespoon cold water
1½ teaspoons Solite Baking Powder

Mix ingredients in order given. Bake in well greased, very hot griddle, muffin rings, or corn stick moulds. Bake in a very hot oven.

Thousand Island Dressing

To ½ pint mayonnaise add ½ cup of Chili Sauce. Chop fine 2 hard boiled eggs, 2 small onions, 3 pimentoes, 2 green peppers.

Boiled Salad Dressing

3 tablespoonfuls Wesson Oil
1 tablespoonful flour
1 tablespoonful sugar
1 cupful milk, sweet or slightly sour
½ cupful mild vinegar
1 teaspoonful salt
1 teaspoonful mustard
⅛ teaspoonful cayenne
2 eggs

Stir the dry ingredients in oil which has been put in a double boiler top. Add the milk and cook, stirring constantly, until the mixture takes on the consistency of cream. Beat the egg yolks slightly, add the vinegar, pour into the first mixture and cook till thickened, stirring constantly. Chill and fold in the beaten egg whites. This dressing may be stored for some days, if kept in a tightly covered glass jar in a cool place.

Mayonnaise Dressing

1 egg yolk
½ pint olive oil
¼ teaspoon paprica or white pepper
4 tablespoons lemon juice or vinegar
½ teaspoon salt

Break the yolk of the egg into a dry, cold bowl and beat a little. At first add the oil to the egg very slowly (a few drops at a time,) and as the dressing begins to thicken, the oil may be added more rapidly till, at the last, a teaspoonful at a time may be stirred in. The dressing must be stirred while the oil is being added, either with a spoon, fork or wire egg beater. Add the vinegar slowly, continuing the beating while it is being mixed. It is better not to add the salt and pepper till the mayonnaise is to be used, because it keeps better if the seasoning is omitted. In any case, even when the dressing is to be used at once, do not add the seasoning till the oil and vinegar, or lemon, are added to the egg.

Tarragon or other flavored vinegars, such as mint or sage, may be substituted in whole or in part for the plain vinegar or lemon juice.

Keep mayonnaise in a cool, dark place.

SAUCES FOR MEATS AND VEGETABLES

Medium Thick White Sauce

2 tablespoons butter
2 to 2½ tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1 cup milk

Make as directed for Thin White Sauce.

Drawn Butter Sauce

2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups boiling water
3 tablespoons butter

Melt 2 tablespoons butter in saucepan. Add flour and stir until blended. Add salt and pepper. Pour in boiling water gradually and cook, stirring until smooth. Cut 3 tablespoons butter in small pieces and add to sauce just before serving.

Caper Sauce

Follow recipe for Drawn Butter Sauce, using water in which mutton has been boiled instead of plain water. Add ½ cup capers.

Hollandaise Sauce

1 cup thick white sauce
2 egg yolks
½ teaspoon salt
3 tablespoons butter
1 tablespoon lemon juice

Heat white sauce and slowly add slightly beaten egg yolks. Cook over hot water 2 minutes. Add lemon juice, salt and melted butter and serve at once.

Horsradish Sauce

To 1 cupful of white sauce add 2 tablespoonfuls of grated horseradish and 1 tablespoonful of Worchestershire sauce.

Tartar Sauce

Add to 1 cupful of mayonnaise or to the same amount of Cooked Salad Dressing, 1 tablespoonful of tarragon vinegar, ½ teaspoonful French Mustard, 1 tablespoonful each of minced capers, parsley, gherkins, olives, chives, or onion. In season, minced fresh cucumbers and horseradish may be substituted for the olives and capers.

PICKLES

Cucumber or Mixed Pickles

For plain cucumber pickles use small cucumbers. Wash them and dry them. Measure the capacity of the container and for each quart allow 1 tablespoon each of rock salt, sugar and mixed spices. The spices may be tied loosely in bags. Pack the cucumbers in layers, placing small bags of spices at intervals. Add the sugar and salt to the vinegar, stir until they are dissolved, then pour over the cucumbers. There should be sufficient liquid to cover the pickles. A small, flat cover made of 2 layers of cheese-cloth filled with mustard adds to the flavor. These make a delicious crisp, sour pickle.

For mixed pickles, a combination of cauliflower, pickling onions, tender string-beans and small cucumbers or cucumber slices may be used.

Green-Tomato Pickle

1 peck green tomato, thinly sliced
4 onions, thinly sliced
2 ounces pickling spices
1 cup salt
Vinegar, about 4 quarts

Pack the tomatoes and onions in alternate layers, sprinkling each layer with salt, and let them stand overnight. Drain thoroughly. Put the tomatoes and onions in a kettle, cover with vinegar, add the pickling spices, bring slowly to the boiling-point and simmer one hour.

This recipe may be varied by adding 4 green peppers, finely chopped. If a sweet pickle is desired, add 1 pound of brown sugar.

Mustard Pickles

1 quart small cucumbers
1 pint pickling onions
1 cup string-beans
1 small cauliflower

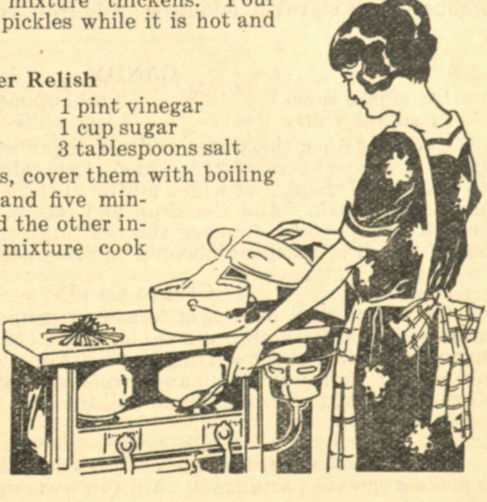
Cut the vegetables in pieces. Soak, Cover them with brine and let stand overnight. Drain them thoroughly and soak in cold water for two hours. Drain and cover with equal parts of vinegar and water. Let them stand for fifteen minutes and then bring them to the boiling-point. Drain and add the following dressing:

Mix 4 tablespoons of flour, 1 cup of brown sugar, 3 tablespoons of mustard, ½ teaspoon of tumeric and 1 teaspoon of celery-seed. Gradually add 1 quart of hot vinegar. Cook over hot water, stirring constantly until the mixture thickens. Pour this dressing over the pickles while it is hot and pack in clean, hot jars.

Pepper Relish

12 red peppers
12 green peppers
12 onions
1 pint vinegar
1 cup sugar
3 tablespoons salt

Chop the vegetables, cover them with boiling water and let them stand five minutes. Drain them, add the other ingredients and let the mixture cook five or ten minutes or until it is of the desired consistency. Pour it into hot, clean jars and seal. Delicious relishes may be prepared from corn, beets, cabbage or combinations of these.



Sweet Pickled Watermelon Rind

Remove the green rind and all the soft white part. Soak in brine. Heat in alum bath and proceed as in tomato pickles except that the pickle need not be drained so long. They may be treated like the ripe cucumber pickles.

Sweet Cucumber Pickles

Soak in brine, as usual, and freshen. Wipe dry and put into kettle with vinegar adding 1 cup of sugar to 1 quart of vinegar and 8 whole cloves, the same of black peppers, 6 allspice, and 6 blades of mace. Heat slowly to boiling and pack at once. Seal. Some prefer honey to sugar.

Candied Citron

Peel and core the citron and cut into strips. Weigh the fruit and allow a pound of sugar to each pound of citron. Make a syrup, allowing a cupful of water to each pound of sugar. Cook the citron in this until it is tender; remove and spread on dishes. Boil in the syrup enough ginger root to give a slight flavor, and when the syrup is very thick, stir in a little lemon juice. Now lay the strips of citron back in the syrup and stir until candied and coated with sugar. Lay on a platter to cool an dry.

A Good Sweet Pickle

Boil 2 pounds sugar, 1 pint vinegar, 1 ounce of stick cinnamon and ¼ ounce whole cloves 20 minutes. Add fruit, cook slowly until soft.

CANDY

1½ cupful sugar	3 tablespoonfuls Apple-sirup
¼ cupful Water	1 egg white

Cook together the water and the sugar without stirring until it reaches a temperature of 248 degrees Fahrenheit. This is known as the "hard ball stage," at which a little of the sirup dropped into water forms a hard ball. Add the sirup and reheat. Pour this sirup into the well beaten white of an egg and beat until the mixture will hold its shape. Drop by teaspoonfuls on a buttered paper.

Cream Candy

This requires 6 ounces of butter, 3 pounds of sugar, 2 cups of water and ½ teaspoonful of vanilla. Mix the sugar and water, add butter and boil without stirring until it forms a hard brittle lump in cold water. Pour quickly on an ice-cold buttered dish, or marble slab. When nearly cold add vanilla and pull the candy until it is glossy.

Vienna Chocolate

Three tablespoonfuls of grated chocolate mixed with enough water to make a smooth paste; cook until thick then pour into double boiler and add 1 pint each of milk and cream, sweeten to taste and cook 5 minutes. Beat vigorously with egg beater for 3 minutes and serve with a marshmallow in each cup.

Maple Candy

2 cupfuls of powdered sugar
1 cupful of maple syrup
½ cupful of cream
2 cupfuls of pecan meats cut in pieces

Boil sugar, syrup and cream until a soft ball forms in cold water. Remove from stove and beat until candy is of a creamy consistency, add nuts and drop from the tip of spoon in small piles on buttered paper.

Walnut Bars

¼ cupful butter, or 2 tablespoonfuls butter and 2 tablespoonfuls lard
2 tablespoonfuls boiling water
¼ cupful sugar
¼ cupful Apple-sirup
½ teaspoonful soda
1½ cupful flour
½ teaspoonful salt
1½ teaspoonful cinnamon
Chopped walnut meats

Pour water over butter (and lard if used), then add sugar, sirup mixed with soda, then flour, salt, and spices. Chill thoroughly, roll ¼ of an inch thick, cut in strips 3½ inches long by 1½ inch wide. Sprinkle with nut-meats and bake 10 minutes.

JAMS, JELLY AND MARMALADES

Ginger Jelly

Is made by boiling green ginger-root with the apple juice and sugar. Strain into glasses. If candied ginger is used, chop it finely and do not strain.

Mint Jelly

Is made by adding bruised mint leaves to the boiling juice of green grapes or Pippin apples and sugar. Color slightly with vegetable green. Or add to the jelly, when done, 5 drops of oil of spearmint to each quart of jelly, color with vegetable green.

Bar-le-Duc

Select large white or red currants. Wash and stem them carefully. Put a layer of currants in the preserving kettle, pour over enough boiling strained honey to cover. Stand aside for twenty-four hours. Then lift the currants carefully on a skimmer, fill glasses three-quarters full, boil the sirup for ten minutes or until thick, fill the glasses and finish the same as jellies.

MANDY Old Fashioned Rock Ground **MEAL**
and WINNER Pearl Hominy **GRITS**

Are used exclusively in all lessons in this cooking school The superior quality and tastefulness of our products commend them to all discriminating women.

Manufactured By

WOOD & CRABBE MILLING CO.
Avenue K and 14th Street Birmingham, Ala.

Old Fashioned Spoon Bread

2 cupfuls of Mandy meal
2 eggs beaten separately
1 teaspoonful salt
1 tablespoonful of fat or butter

Pour enough boiling water on meal to make a soft dough. Add well beaten eggs, Solite Baking Powder, fat and salt, enough sweet milk to make a soft batter. Fold all together lightly. Pour in buttered hot pan and bake in moderate oven. Serve with spoon from pan.

CHEESE

Souffle

One cup grated cheese, 1 cup bread crumbs, 1 tablespoon baking powder, 1 cup milk, 3 eggs. Beat the whites of eggs stiff, fold into other ingredients. Bake 20 minutes.

Cheese for Lunch

One cup of cheese cut into small pieces, small lump of butter, 2 or 3 cold biscuits well crumbled, moisten well with sweet milk. Put in sauce pan on the stove. When cheese, bread and milk are well mixed, break in an egg stirring constantly. Serve on toast.

How To Make Jams

Jams are really jellies with the pulp left in. Use ½ pound of sugar to each pint of pulp. Cook the fruit without paring until soft, press through a fine colandar or sieve, reheat, add sugar and cook and stir until it forms thick jelly-like mass. Put in jars, or glasses the same as jelly.

Good combinations are made by mixing tomatoes with apples, pineapple with yellow tomatoes, damsons and grapes, grapes with pears, plums with pears and grapes, gooseberries and plums, peaches and apples, or quinces and apples. Blackberries, Concord grapes and rhubarb make excellent jams alone.

Apple Jam

Prepare 2 quarts of apple juice as for jelly. Bring it to a boil. Pare, quarter and core ½ peck of apples, add them to the juice, cook and stir until it forms a thick mass. Try in this way: Put a tablespoonful in a saucer, stand in the cold a moment; if it does not spread or thin on the edges, it is done. Put into jars or glasses when done.

How to Make Marmalades

Marmalades are about the same as jams, except they are not pressed through a sieve.

Pumpkin Marmalade

Take equal weight of sour oranges, pumpkin and granulated sugar. Cut the oranges in very thin slices toward the center; reject seeds and pith. Pare and cut the pumpkin into very thin slices; mix the oranges and pumpkins and add a quart of cold water to each pound and a half of the mixture. Cover and stand aside overnight. Next morning boil this slowly for three hours, add sugar and boil slowly until clear and thick. Stir now and then to prevent scorching. This will keep in glasses the same as jelly.

Carrot Marmalade

Wash, scrape, and grate 2 pounds of fine full-grown carrots. Add an equal quanitity of ripe yellow peaches, stoned, but not pared. To each pound of the mixture allow ½ pound of granulated sugar. Cook the carrots with the peaches, stirring carefully for twenty minutes. Add the sugar and the juice of one lemon. Boil until clear and jelly like. Put away in glasses. For good combinations, try apples and quinces, white grapes and plums, grapes and pears, apples and pears, yellow tomatoes and peaches.

Farmers' Figs

Select the small yellow or red tomatoes, scald carefully and remove the skins. Allow 4 pounds of sugar for every 6 pounds of tomatoes. Put the tomatoes in single layers on platters, strew them thickly with sugar. Stand them in a hot oven until the sugar has thoroughly penetrated the tomatoes. Lift carefully one at a time, to other platters, and dry in the sun, sprinkling with granulated sugar while drying. When perfectly dry, pack in tin boxes, with layers of sugar between. Do not let rain or dew fall on tomatoes while drying.

Strawberry Jelly

Prepare strawberry juice by crushing berries and boiling juice ten minutes, stirring constantly, then place in a jelly bag and allow to drip. To one cupful of the juice add one cupful of home-prepared orange or apple pectin, add one and on-half cupfuls of sugar and boil until the jelly stage is reached—that is, the liquid ''sheets'' off the spoon. Skim, pour into sterilized glasses, cool quickly and cover with hot paraffin.

Raspberry Jam

Slightly mash a quantity of fresh washed and hulled raspberries and measure out 2 cupfuls of the fruit and juice into a saucepan. Add 3 cupfuls of sugar, stir until fairly well dissolved, then bring to the boiling point and boil hard for exactly one minute, stirring constantly. Add a quarter of a cupful of commercial pectin, stir thoroughly and remove from the fire. Skim the liquid, let stand a few minutes, then pour into sterilized glasses.

Heavenly Jam

Six pounds of Concord grapes, 4 pounds sugar, 4 large oranges, 1 pound seedless raisins. Hull grapes, cook pulps until liquid, strain. Add liquid to hulls, also add juice of 4 oranges and their peels which have been run through grinder. Add sugar and raisins. Boil for 20 minutes. Makes 8-16 ounce glasses.

Cranberry Relish

2 cupfuls of cranberries
2 cupfuls of sugar
1 tablespoonful of vinegar

Pick over the cranberries, wash and drain; mix in sugar and vinegar, and put on a slow fire to cook. After the mixture begins to boil, cook for ten minutes without stirring. This relish is particularly good when served with roast pork or beef, chicken or turkey.

CHEESE

Cheese Straws

One-half pound of cheese, 1 egg, 3 tablespoons water, salt and cayenne pepper to taste. Grind cheese, add egg, water and seasoning. Mix flour for soft dough, roll thin, bake in moderate oven.

To Make Cottage Cheese

Cottage cheese may be made quickly by the use of boiling water. For a quart of clabber use half a pint of boiling water, stirring it in gently, and then pour it into a colander to drain.

The cheese may be made soft or dry to suit the taste by using more or less of the boiling water.

MISCELLANEOUS

We use MANDY MEAL and WINNER GRITS.

Standard Servings for Large Quantity Cooking

Coffee

One-half cupful of coffee to 1 quart of water makes 6 servings. One pound of coffee makes 50 servings.

Cream

One to 1½ quarts for coffee for 50.

Loaf Sugar

Two pounds for coffee for 50.

Butter

One pound cuts into 32 squares of 1 tablespoonful each, an average serving. If creamed, 1 pound will spread 7 dozen rolls.

Potatoes

Creamed or mashed, ½ cupful per serving. One pound of potatoes makes 2 cupfuls creamed or 1½ cupfuls of mashed potatoes.

Vegetables

Allow ⅓ cupful per serving. If vegetable is mashed, an ice cream scoop or small cup helps to standardize the servings.

Meat

One-third pound uncooked meat per serving.

Ham for Baking

Twenty pounds for 50.

Soup

Three-fourths cupful creamed soup per serving.

Ice Cream

One quart makes 8 to 10 servings depending on the occasion and the rest of the menu.

MENUS FOR OUTINGS

Bacon cooked in a long-handled frying pan over hot coals.
Small Potatoes roasted in the ashes.
Sweet Corn roasted in the ashes.
Layer Sandwiches. Coffee. Fruit.

Wiener Roast

Frankforters cooked on sticks over coals, served between split rolls.

Pickles and Mustard. Sour Cream Cookies. Fruit. Coffee.

Marshmallow Party

Saltines. Lemon. Sardines. Ginger Ale. Marshmallows.

Fry-Pan Meals

Bacon and Eggs. Fresh Tomatoes. Salad Dressing. Bread and Butter. Molasses Cookies (recipe above.) Coffee.

Sausages and Fried Potatoes. Bread and Butter. Griddle Cakes and Sirup. Lemonade.

Fresh Fish, coated with corn meal and fried in pork fat. Potato Chips. Rolls and Butter. Tomatoes or Cucumbers. Salt and Pepper Cottage Cheese Tartlets. Coffee.

French Toast Sandwiches, (with jam or chopped meat filling.) Cheese. Fruit. Cookies. Coffee.

Plum Pudding

2 eggs
1 cup molasses
1 cup brown sugar
1 teaspoon soda
1 cup chopped suet
1 teaspoon salt
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon allspice
1 teaspoon cinnamon
½ cup citron
(chopped or shredded)
1 cup milk
1 cup raisins
½ cup orange peel
½ cup lemon peel

Beat eggs well and mix ingredients in order given. Add enough Roller Champion flour to make a stiff batter. Turn into buttered mold, cover and steam for three hours. Serve with hard sauce.

Peas and Shallots in Cream

6 shallots
2 tablespoons butter
½ cup water
½ teaspoon salt
1 teaspoon sugar
1 pint peas
1 cup White Sauce

Peel shallots and simmer in butter three minutes. Add water, salt and sugar, cover and cook ten minutes. Add peas and cook twenty minutes or until tender. Then add White Sauce and more seasoning if required.

Shallots, by the way, are tiny brown-skinned onions with a very delicate flavor and very worth while knowing about.

Rice and Oysters au Gratin

½ cup rice
1 pint oysters
1 cup white sauce
Salt
Pepper
½ cup buttered crumbs

Cook rice in boiling salted water until tender, then drain. Pick over oysters, being careful that all of the shell is discarded. Put half the rice in bottom of greased baking dish, cover with half the oysters and ½ cup white sauce. Sprinkle with salt and pepper, add remaining rice, oysters, and white sauce, and again sprinkle with salt and pepper. Cover with buttered crumbs and bake in a slow oven or at 275 degrees F. for thirty minutes. Canned salmon may be used instead of oysters.

Vegetable Salad

On a large salad dish arrange a border of lettuce leaves. Marinate fresh cooked vegetables separately with parsley dressing and arrange in mounds alternating the colors. Garnish with roses of beets and radishes, rings of Bermuda onion, strips or slices of cucumber, and sprays of cress. Vegetables used may include in addition to green peas, shredded butter beans, potato, carrot and turnip balls or dice, asparagus tips, macaroni ribbons, fresh corn cut from cob, and tomatoes. Serve separately, parsley, boiled, or mayonnaise dressing.

Cream of Pea Soup

2 cups cooked peas
2 teaspoons sugar
2 tablespoons butter
1 slice onion
2 tablespoons Roller Champion flour
1 teaspoon salt
⅛ teaspoon pepper
2 cups scalded milk

Put peas with water in which they were cooked and enough more water to make one pint liquid in saucepan with sugar, and simmer until very soft. Put 2 tablespoons butter and 1 slice onion cut in small pieces in another saucepan and cook 2 minutes, add flour, salt, and pepper, and when smooth add the cooked peas. Stir and boil 3 minutes, add milk, and again bring to boiling point. Rub through a sieve, reheat, and serve.

Peas and a Sauce

You may add heavy cream to cooked peas just before serving; or for 2 cups of peas add ¾ of a cup of thin white sauce.

Creamed peas may be served around a French or Puffy Omelet. Instead of making a plain white sauce you may use chicken stock in the sauce instead of milk, or part chicken stock and part milk; or add a bit of curry powder to the sauce and serve the peas with boiled rice. Sometimes as an accompaniment for chops or chicken, the peas are covered with Hollandaise Sauce.

When shrimps are added to creamed peas the dish is called Shrimp Wiggle, and makes a good luncheon or supper dish.

Baked Eggs

Cut slice from stem end of tomato and bake until tender in hot oven. Press down pulp. Drop in raw egg. Season with pepper and salt. Cover with slice of tomato or with bread crumbs. Bake until egg is set.

Creamed Shrimps au Gratin

1 cup white sauce
2 tablespoons chili sauce
½ teaspoon scraped onion
Few grains cayenne
¼ teaspoon celery salt
½ pint shrimps
¼ cup buttered cracker crumbs
Green pepper

Make white sauce and add chili sauce, onion, cayenne, celery salt, and shrimps (less 4 whole ones) broken in pieces after removing intestinal vein. Put in 4 ramekin dishes, sprinkle with buttered cracker crumbs and bake fifteen minutes at 400 degrees F. Put reserved shrimps in the center and a border with finely cut green pepper or parsley around the edge. Serve at once.

Boiled Cauliflower

Remove the outer leaves and cut off the stem close to the bottom; wash in cold water and let soak for one hour; tie in a piece of cheese cloth to prevent breaking. Stand in a kettle of boiling water, add 1 teaspoonful salt and let boil till tender, about 30 minutes. Take up carefully and put into a hot vegetable dish. For the sauce, melt a tablespoonful butter, being careful not to brown it, and a tablespoonful flour and mix until smooth; then add ½ cup milk and ½ cup water, and stir constantly until it boils; season with salt and pepper; pour this over the cauliflower and serve at once.

Dried Black-Eyed Peas

Boil 1 cup dried peas until done. When done mix with a chopped onion and a can of tomatoes cooked down and seasoned with sugar, pepper and salt. Put into baking dish. Bake with slices of pork or salt meat. Either cook the peas with salt meat or with fat left from pork roast or salt meat fried out.

Fried Apples—A Breakfast Dish

Peel juicy apples and slice in thick rounds, carefully removing the core without breaking the apple. Fry quickly in boiling half lard and half butter to a light brown. Sprinkle with sugar, drain and serve very hot around steak or bacon.

Russian Cucumber Salad

With fluted knife pare a cucumber and cut in 1-inch slices; cook until tender, chill, scoop out center to make rings, and fill with bits of cooked ham, beet, carrot, small peas, and string beans, all mixed with Russian dressing. Arrange on beds of lettuce leaves and serve with Russian dressing and watercress.

Chicken and Mushrooms with Potato Crust

1 cup cooked chicken, cut in dice
½ cup mushrooms, fresh or canned
1 cup white sauce
1½ cups mashed potato
1 egg yolk

Mix chicken, mushrooms cut in pieces, and white sauce. If fresh mushrooms are used, they should be peeled and sauted for 3 minutes in 1 tablespoon melted butter. Pour into shallow dish, cover with a thin layer of mashed potato soft enough to spread over the mixture, and garnish with remaining potato forced through pastry bag and rose tube around the edge. Brush with egg yolk diluted with 1 tablespoon milk, and put in hot oven until heated through and a delicate brown.

One cup oysters, or ⅓ cup celery, or ⅓ cup cooked ham, or 2 hard-cooked eggs, or 1 tablespoon chopped parsley, or 2 tablespoons pimento or green pepper, cut in small pieces, may be used instead of mushrooms. Buttered crumbs may be used instead of the mashed potato. Cooked veal or roast pork or cooked fish or canned fish may be used instead of chicken.

Surprise Potatoes

To each cupful of mashed potatoes, add 1 beaten egg, 2 tablespoonfuls of milk, 1 tablespoonful of flour, ¼ teaspoonful of baking powder and a little salt, mix well, drop by the tablespoonful into deep fat and fry brown.

Peas and Carrots

If young carrots are obtainable at the same time as green peas, cut them in dice or in strips, cook them until tender, and serve equal amounts of peas and carrots, seasoned with butter, salt, and pepper.

Scrambled Eggs with Tomatoes

2 tablespoons butter
1 teaspoon minced onion
6 eggs
1 cup canned or stewed tomato
Salt and pepper to taste

Melt the butter and cook the onion in it for two minutes; add the tomato and seasonings and then the eggs slightly beaten. Cook till creamy, and serve on toast.

Baked Apples with Cream of Wheat

Wash, core and remove about half the center of 4 apples, fill with cooked Cream of Wheat which has been buttered and slightly sweetened, add raisins. Sprinkle with sugar and bake until tender (about 20 minutes.) Serve hot or cold with cream.

Pineapple Delicious for 50

2 pounds of marshmallows
1 quart of whipping cream
4 No. 3 cans of sliced pineapple or 1 No. 10 can

Cut the marshmallows into four pieces and cube the pineapple. One should buy broken pieces for this instead of the whole slices; pineapple chunks are even cheaper and are good for this recipe. Mix the pineapple and marshmallows with a little juice. Chill, drain off the juice, fold in the stiffly beaten cream and serve.

Pork Chops en Casserole

Brown the chops in a frying pan and remove to a casserole or baking pan. Brown a sliced onion in the frying pan and add a can of tomatoes. Thicken with Roller Champion flour paste to make a thin gravy, season well and pour over the chops. Cover and bake for 1 hour in a moderate oven or a fireless cooker.

Cold Slaw

Select nice head of white cabbage, chop very fine and mix with the following dressing: 2 eggs beaten well, 2 tablespoons of sugar, piece of butter size of walnut, teaspoon of mustard and a little pepper and lastly a teacup of vinegar. Put all these ingredients into a pan over fire and cook to a soft custard. Chill and mix with cabbage.

Savory Rabbit

6 slices bread
Butter
Minced ham or anchovy paste
4 ounces grated cheese
2 tablespoons ale or thin cream
Seasoning to taste

Eggs with Green Peppers

2 tablespoons butter
4 finely-minced green peppers
1 tablespoon tomato catsup
6 eggs beaten with ¼ cup cream
2 tablespoons grated cheese

Cook all the ingredients, except the eggs and cream, two minutes; then add eggs and stir till thick. Serve on toast.

Mock Crabs au Gratin

4 tablespoons butter
½ cup Roller Champion flour
1½ teaspoons salt
¾ teaspoon mustard
¼ teaspoon paprika
1½ cups scalded milk
1 can corn, chopped
1 egg
3 teaspoons Worcestershire sauce
1 cup buttered cracker crumbs

Melt butter, add flour mixed with dry seasonings, and pour on gradually the milk. Stir until the sauce boils, add corn, egg, slightly beaten, and Worcestershire sauce. Pour into a buttered baking dish, cover with crumbs, and bake until brown.

Chicken Pie (Southern Style)

Cook chicken until tender. Remove meat from the bones. Thicken the gravy. Line a deep baking dish with the following pastry, leaving enough to cover the top:

2 cups Roller Champion flour
¾ cup fat
ice water
1 egg beaten
1 tablespoon lemon juice
½ teaspoon salt

Sift flour and salt; cut fat in with 2 knives. Add gradually yhe lemon juice and egg mixed together. Add enough ice water to hold the mixture together for rolling. When the baking dish is lined with the pastry put in a layer of chicken, then a layer of sliced boiled carrots and small boiled white onions. Season to taste; add another layer of chicken and so on until the dish is filled. Cover with gravy. Roll the rest of the pastry; cover, pressing edges together closely and make a few slits in the top to allow steam to escape. Bake in hot oven, 450°, until done.

Cauliflower au Gratin

Soak a cauliflower, head down, in cold water to cover, then cook, head up, in boiling salted water until almost tender. Put in casserole dish, pour over 1 cup white sauce, sprinkle with buttered crumbs, and bake until crumbs are brown. Sprinkle with 1 tablespoon chopped parsley mixed with 1 tablespoon chopped pimentoes and garnish with cauliflower leaves. One-third cup grateed cheese may be added to the bread crumbs if desired.

Scalloped Turkey

Arrange in greased baking dish alternate layers of cold cooked sliced turkey, and turkey stuffing, or cooked macaroni or rice. Pour over turkey gravy or brown sauce. Cover with buttered crumbs and bake in a hot oven until crumbs are brown.

Baked Spare Ribs with Dressing

Make a dressing of stale bread well seasoned with salt, pepper, onion, celery and chopped apple. Moisten with a little water. Place the dressing on half of the spare ribs which have been seasoned with salt and pepper, and fold the other half of the ribs over the dressing, skewering or tying them in place. Add ½ to ¾ cupful of boiilng water, cover and place in a hot oven, decreasing the heat. Baste several times, and allow 45 minutes to the pound for baking.

Welsh Rabbit

1½ pounds cheese
1 tablespoon butter
½ cup ale or milk
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
⅓ teaspoon pepper or a little less of cayenne
1 egg

Cut the cheese into small pieces and put it in the upper part of the chafing-dish, having water in the lower pan. Let the cheese melt and become creamy, add the butter, ale (or milk) and seasonings; cook till smooth and, just before serving, stir in the egg slightly beaten. This prevents the rabbit being stringy. Have ready slices of bread or toast (preferably the former), dip them into the cheese and pour more over them on the serving plate.

Potato Salad

4 cupfuls of sliced boiled potatoes
1 small onion chopped
½ cupful of weak vinegar
1 teaspoonful of salt
4 stalks of celery
⅛ teaspoonful of pepper
3 tablespoonfuls of olive oil
2 slices of fried bacon
1 tablespoonful of minced parsley
Chopped lettuce

Put onion into a large bowl, add salt and vinegar. Let stand ten minutes, then slice in potatoes while still warm. Mix thoroughly. Add olive oil, celery cut fine, the bacon fried to a crsip and the bacon fat, then the parsley. Arrange on a bed of lettuce, garnish with beets and hard-boiled eggs that have been chopped fine.

Shrimp Wiggle

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains pepper
1 cup milk
1 cup cooked peas
1 cup shrimps

Melt butter, add flour, salt, and pepper, and when smooth add milk slowly. Stir and cook until mixture boils. Remove intestinal veins from shrimps and break in pieces. Add to sauce with the peas, and serve on toast. Chicken, salmon, and other meat may be used in place of shrimps.

Baked Beans

In the time-honored New England way.

4 cups pea beans
¾ pound salt pork
1 medium-sized onion
1 tablespoon salt
¼ teaspoon pepper
2 tablespoons molasses
1 teaspoon mustard

Cover beans with cold water, after having made sure that all imperfect ones are removed, and soak overnight. In the morning drain, cover with fresh water, and boil until beans' skins break. Then drain off water and wash beans thoroughly under cold water. Wash pork and cut through rind into 1-inch squares. Cut a slice from pork and place in bottom of bean-pot or baking dish. Add beans and bury remainder of pork with onion in the beans, leaving rind exposed. Mix salt, pepper, molasses, and mustard in 1 pint of boiling ewater, stir thoroughly and pour over beans. Add enough boiling water to cover beans. Cover pot and bake slowly for 6 or 7 hours. During last hour of cooking remove cover from pot so that pork rind may become brown and crisp.

Stuffed Eggs

6 eggs, hard boiled
3 tablespoons cheese, grated
1½ tablespoons vinegar
½ teaspoon mustard
½ teaspoon salt
¼ teaspoon pepper
Butter

Cut eggs in halves. Remove yolks and mash. Add cheese, vinegar, mustard, salt, pepper and enough melted butter to make of consistency to shape. Refill egg whites. Chopped ham may be substituted for cheese, if preferred. If the stuffed eggs are to be used for picnics, wrap each one in paraffin paper. For a supper or luncheon dish serve with white sauce.

Cabbage Boiled Whole

Take 1 firm white cabbage, remove the outside leaves, tie around so that the leaves will not fall apart, cut out the inside from the stalk end. Chop fine, season to taste with salt, pepper and butter (a little mustard if liked), then return to the cavity from which it was cut. Now place carefully in a pot, cover with cold water and boil until done. Serve on a flat dish, mustard dressing is nice with this.

Stuffed Cabbage

Select a firm white head cabbage. Splice in 4 parts, tying a string around the whole cabbage to keep from falling to pieces. Boil in salt water until perfectly tender; change the water 3 times. Drain and

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serve with a rich cream dressing. Fill the center with toasted bread crumbs, then pour over this a rich cream sauce and sprinkle with grated cheese. If carefully prepared the dish can scarcely be detected from cauliflower.

Escalloped Cauliflower

1 cauliflower
1 tablespoon butter
½ cup cream
½ cup bread crumbs
½ cup nuts
Salt and pepper
1 cup milk

Cook the cauliflower in boiling salted milk and water till tender, using the milk to keep the cauliflower white; drain, and break the vegetable into small pieces. Heat the butter and cream together and add seasoning and nuts. Grease a baking-dish and sprinkle it with crumbs; put in a layer of cauliflower, then a little of the sauce, more cauliflower and more sauce, till the dish is filled or the ingredients used. Sprinkle the remainder of the crumbs on top, and place in a hot oven to brown.

Creamed Celery

The outside stalks of 3 heads of celery
2 tablespoons butter
2 tablespoons flour
1½ cups milk
Salt and pepper to taste

Wash and scrape the celery and cut into inch lengths; cook in salted water till tender, which will probably require about half an hour, and then drain very thoroughly. Blend together the butter and flour, add the milk a little at a time, stirring constantly till the whole boils. Cook 3 minutes.

Club Sandwiches

Place crisp lettuce on slices of toast. Add a slice of tomato. Cover with thin slices of cold chicken (roasted or boiled.) Over this place thin slices of bacon. Add a teaspoon of mayonnaise dressing to each sandwich and cover with a slice of toast. If the sandwich is to be used for luncheon, cover the top of the sandwich with lettuce, chicken and bacon. Add teaspoon mayonnaise dressing and cover with toast.

Caked Apples with Nuts

Wipe apples and remove cores. With a sharp knife make a cut through the skin 1½ inches from top and bottom of the apples. Put apples in baking dish. For 4 apples mix ½ cup sugar, ¼ teaspoon cinnamon or nutmeg, ⅛ teaspoon salt, and ¼ cup chopped nut meats. Fill centers of apples. Cover bottom of dish with boiling water and bake in a hot oven until soft, basting often with sirup in dish. Baked and served on individual glass plates this homely dish is still more tempting.

Use SOLITE BAKING POWDER

Tomato Baskets

Cut tomatoes in shape of baskets leaving stem end on top of handles. Scoop out centers and fill with green peas and walnut meats cut in pieces, marinated with French dressing.

Delicate Cabbage

Slice cabbage coarse, put into hot water and let come to a boil. Drain and put into boiling salt water and cook done. Then drain and put into baking pan a layer with butter in bits and bread crumbs till full. Pour over this 2 beaten eggs with a cup of milk. Salt and pepper to taste. Use more milk if necessary. Bake quickly ½ hour.

Palatable Egg Chops

Six eggs, 1 cup milk, 1 tablespoon butter, pepper and salt to taste, 2 tablespoons Roller Champion flour, peas. Boil 5 eggs very hard. Rub the yolks through a sieve and chop the whites, not making them too fine. Put cup of milk over fire in double boiler. Rub together flour and butter with 1 beaten egg. Mix a little of the warm milk with this before stirring into the boiling milk. Season with pepper and salt. Stir until thick and smooth. Take from fire and when almost cool stir into it the prepared yolks and whites. When cold enough to handle, mold into chops, dip in egg and bread crumbs and fry a delicate brown. Serve with peas.

Mashed Sweet Potatoes

Eight medium size sweet potatoes, boil until the skin will slip off easily, then mash them with a wooden or silver fork. Add 1 cup sweet milk, ½ cup sugar, butter size of an egg; mix well, set in oven and brown lightly. May add nuts and raisins and put marshmallows on top before baking.

Cheese Fondue

One tablespoon butter, 1 heaping tablespoon Roller Champion flour, 1 cup milk; let this thicken and then add: 1 pound cheese (cut fine), 1 cup fine bread crumbs, 2 eggs (yolks), well beaten. Cook till cheese is melted, then stir in whites of eggs, beaten very light. Serve very hot on toast.

Boston Baked Beans

1 quart dried white beans
½ lb. clear fat pork
2 tablespoons sugar
1 teaspoon salt
1 teaspoon dry mustard (if desired)
2 tablespoons molasses

Soak beans over night in cold water. In the morning drain and cook in boiling water until skins crack when tested by removing a few from the water. When tender drain and put in a bean pot (a deep earthenware pot). Bury pork in top of beans and cover the whole with boiling water mixed with sugar, molasses, salt and mustard. Cover and bake slowly eight or ten hours, adding boiling water as it boils away.

Delicious Omelet (for two)

Three eggs, 3 tablespoonfuls sweet milk or cream, a pinch of salt, small lump of butter. Melt butter in frying pan and have pan very hot to pour omelet in. Separate eggs, beat yolks very light, add milk and salt, then beat whites very stiff, stir into yolks, mix but do not beat any more, pour into hot greased pan while the pan is on top of stove, let stand for 2 or 3 seconds, then put in bottom of oven to bake until brown, roll out into dish and serve.

Corn Pudding

Grate the corn from a dozen young ears. Beat the whites and yolks of 4 eggs separately, add the yolks to the corn, mix, season with salt and pepper and a tablespoonful of melted butter, pour in a pint of milk, stir in the stiffly beaten whites of the eggs. Grease a pudding dish, pour in the mixture and bake slowly one hour.

Royal Potatoes

Cream and season potatoes, and roll in round balls, size of an egg yolk. Set away to cool a little. Do not have too soft. Dip in egg, roll in cracker meal and fry. Serve on a napkin with fish.

Aspic Jelly and Egg

Lay a crisp lettuce leaf on slices of toast cut round, then break little particles of aspic jelly and lay a tablespoon and a half of this on the lettuce, cut the tiny top off 6 hard-boiled eggs just enough to scoop out the yolk with a small spoon, mash the yolk with butter, pepper and salt, and a teaspoon and a half of caviar. Mix and put carefully back in white of egg. Turn open side of egg down in the aspic jelly of top of the lettuce, so the eggs will stand on end, then chip the tiniest slice off the end of the egg that is up and stick in 2 or 3 truffles. This is an excellent appetizer.

Italian Spaghetti

Three tablespoons olive oil, 1 small can tomatoes, 1 onion, ½ green pepper, ½ clove garlic, 1 tablespoon sugar, 1 tablespoon Worcester sauce, 1 Italian red pepper, ½ cup grated Parmesean cheese. Cook spaghetti until tender drain, dash with cold water and drain again. Mince all vegetables and cook in oil until tender but not browned. Add tomato, sugar, salt and Worcestershire sauce. Simmer 10 or 15 minutes. Pour in spaghetti, and ½ cup grated Parmesean cheese and serve at once. If Parmesean cheese is not obtainable, American cheese will do.

Turkey Salad

Cut left-over turkey in small dice. Add an equal amount of celery cut in small pieces. Moisten with mayonnaise dressing and serve garnished with shredded lettuce leaves or celery tips and cubes of cranberry jelly or strips of pimento; ½ cup nut meats broken in pieces, or 1 cup apple or pineapple cut in dice may be added to the salad.

Corn Meal Mush

Two quarts boiling water. Add to it enough Mandy meal to make a thick gruel, stirring rapidly all the while. Stir it till all lumps are smoothed out. Set it on back of range and let it cook 2 hours. Serve with butter and sugar or cream and sugar.

Chop Suey

Caramelize 1 tablespoonful of sugar and to it add 2 cupfuls of meat broth, 2 cupfuls of chopped celery, 2 chopped green peppers, 4 sliced onions of medium size and 1½ cupfuls of diced cooked pork. Simmer all together until the vegetables are tender. Add half a cupful of soy sauce, and additional seasoning if necessary.

Squash with Bacon

Put left-over mashed squash, well seasoned, in baking dish. Cover with a thin layer of cracker or dry bread crumbs and with small pieces of bacon arranged closely together. Bake in hot oven until bacon is crisp and brown.

Broiled Sardines on Toast

Peel and slice firm tomatoes. On each slice lay a sardine, and broil under moderate fire about 5 minutes. Place on squares of crisp buttered toast and serve garnished with slices of lemon and parsley.

Stuffed Squash

Select 6 medium sized white squash, parboil until partially clear. Remove the inside of squash and mix with 1 can of shrimp, minced fine. Season, salt, pepper and butter. Stuff the squash, sprinkle bread crumbs over top and bake in shalow pan for 20 minutes. Serve cold.

Mashed Sweet Potatoes with Apples

Put mashed and seasoned sweet potato in greased baking dish. Cover with apples, pared, cored, cut in eighths, and cooked in sirup until tender. Sprinkle with sugar and bake in a hot oven until delicately brown.

Peas with Onions

2 slices bacon
4 button onions
1 tablespoon flour
1 cup water or stock
1 pint peas
Salt and pepper

Cut bacon in tiny squares, put in saucepan with onions, peeled and halved, and cook, shaking frequently, until bacon is crisp, Add flour, mix until smooth, add water or stock, and cook 10 minutes. Then add peas and cook until the vegetables are tender. Season to taste with salt and pepper, and serve piping hot.

Casserole of Peas, Farmer Style

2 cups carrots
2 cups peas
12 asparagus stalks
1 onion, left whole
1 head lettuce
4 tablespoons butter
½ teaspoon salt
1 teaspoon sugar

Cut carrots and asparagus in 2-inch strips. Shell peas and shred lettuce. Put vegetables in layers in casserole dish, add butter, salt, and sugar, pour over enough chicken stock or water to cover, and cook slowly in the oven 1¼ hours or until vegetables are soft.

Quaker Oats Peanut Loaf

2½ cups Quaker Oats
2 cups flour
1 cup chopped peanuts
1¼ cups molasses
1 teaspoon salt
5 teaspoons baking powder
1¼ cups milk or water
1 egg

Put oats and peanuts through food chopper. Add flour which has been sifted with baking powder and salt. Add molasses, egg and liquid and stir well. Place in well greased loaf pan, let stand 10 minutes and bake 50 minutes in a medium oven (350 degrees.)

Tea Timbales

1½ cups cooked peas
2 eggs, beaten
2 tablespoons butter, melted
⅔ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
Few grains cayenne

Reserve ⅓ cup peas and rub remainder through a sieve. Add other ingredients, turn into small greased molds, set in a pan of hot water, cover with buttered paper, and bake until firm. Remove from molds to serving dish and surround with 1 cup white sauce to which has been added ⅓ cup cooked peas.

Onions au Gratin

2 cups boiled onions
1 cup white sauce
¾ cup buttered cracker crumbs

Cut onions in fourths, put in greased baking dish, cover with white sauce, sprinkle with buttered crumbs, and bake in hot oven until crumbs are brown.

Use SOLITE BAKING POWDER

Peas and Asparagus

Cut fresh asparagus in small pieces a little larger than the peas, and cook with an equal amount of peas until both are tender.

Jellied Vegetables

Fill small molds with tiny balls of white turnip and green peas. Cover with aspic jelly and when firm remove to cooked artichoke bottoms that have been marinated with French dressing. Use as a garnish for cold meat, or for a salad.

Chicken Salad with Peas

Mix equal amounts of cold, cooked chicken cut in dice, cucumber pared and cut in dice, cooked green peas, and walnut meats broken in pieces. Moisten with French dressing and serve on lettuce leaves garnished with mayonnaise dressing.

Giblet Stew

Make a rich brown sauce or use the gravy from the turkey. Add heart, liver, and gizzard cooked until tender and cut in small pieces, and the neck cut in 1-inch pieces. Serve when hot with mashed potato, or on toast.

Pineapple Ice

Mix 1½ cups sugar and 1 cup hot water. Boil until the sirup spins a thread. Add 1 cup cold water, ¼ cup lemon juice and 2 cups Crushed Pineapple. Freeze until of mushy consistency and serve immediately.

Pineapple Shortcake

Add ¾ cup sugar and ⅛ teaspoon salt to 2 cups Crushed Pineapple, cook slowly until thick and add 2 tablespoons butter. Mix and sift 2 cups flour, ½ teaspoon salt, 2 tablespoons sugar and 4 teaspoons baking powder. Cut in 4 tablespoons fat and add ¾ cup milk. Spread in a pie pan and bake 30 to 35 minutes in a moderate oven. Split while hot, spread half the hot pineapple mixture between the layers and put the remainder on top. Serve immediately.

Pineapple Julep

Chop fresh mint leaves to make ¼ cup, add ½ cup powdered sugar and rub well together. Add 3 cups sirup drained from Crushed Pineapple, ¼ cup lime juice and 3 cups ice water. Allow to stand in a cold place at least 1 hour. Serve in glasses with a cube of ice in each and garnish with a sprig of mint.

Oahu Island Salad

Remove skin from 3 bananas, cut in halves, then into quarters lengthwise and slice. Mix with 1 cup well-drained Crushed Pineapple. Serve on lettuce with mayonniase.

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